Chichester Herald

Friday 30th November 2012
YOUR FREE WEEKLY NEWSPAPER

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Death plunge horror

» *Man dies in sixth floor hotel fall*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

HOLIDAY MAKERS at a local resort are this week in shock after a man plunged to his death from his hotel during the early hours of Saturday morning.

The 23-year-old man died after falling from the balcony of a hotel at Butlins holiday resort in Bognor Regis.

Emergency services were called to the scene at around 1.15am on Saturday, but were unable to resuscitate the man who was pronounced dead at the scene.

Sussex Police said that the man had been identified as Timothy Wall of St Leonard's, Ringwood, Hampshire.

A South Coast Ambulance spokesman added: "We were called to Butlins shortly before 1am to reports a man had fallen six storeys from a balcony.

"We sent three ambulances but sadly he was pronounced dead at the scene."

Onlookers described the scene as 'horrifying' and disturbing, while some decided to end their stay early having found it hard to deal with.

After speaking to witnesses at the hotel, the police said Wall's death was unexplained, but not suspicious. The matter has now been passed to the coroner's officer and a post mortem will take place to due course.

Butlins said they were "very sorry" about the incident, describing it as "shocking". A spokesperson said: "Everyone at the resort is shocked and saddened at this tragic incident. We have offered help and assistance as best we can to the family and friends of this young man."

Man dies after fall from hotel balcony

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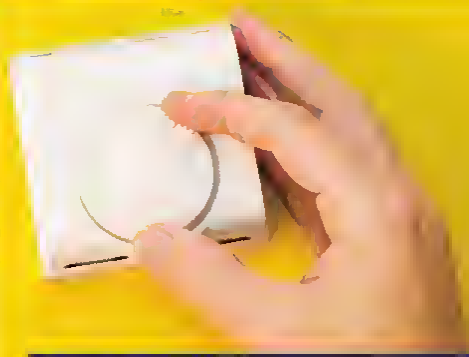

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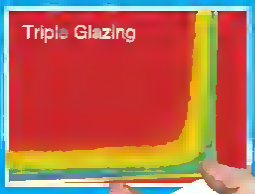

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Barnham resident picks up win

A WITTY photograph which compares the Long Man of Wilmington with a modern hiker has been chosen as the winner of the South Downs National Park's 'Life in the Landscapes' photo competition.

The picture, by Barnham resident Jess Barham, beat more than 100 other entries to win first prize, which includes £150 in photography vouchers, a year's subscription to Outdoor Photography magazine and a day of landscape photography training.

Comedian and actor Hugh Dennis, who lives in the South Downs National Park and helped to judge the competition said: "In this remarkably contemporary photo Jess has managed to capture two stories – not just one of the people out exploring the South Downs National Park today but also of the people who've shaped it in the past."

Jess Barham said of her win: "It's so exciting to have won the competition. I'm a keen walker and love visiting the Long Man of Wilmington as he's such a well-known character in this part of the National Park. I went out with a really clear idea in my mind about the hiker echoing the Long Man's pose and I'm grateful to my husband who patiently agreed to be my model."

The competition challenged amateur photographers to tell a story that said as much about the people of the South Downs as the landscapes they are in. The judges were asked to choose a winning image that showed the relationship between man and the land, capturing tales of rich cultural heritage, community pride, enterprise or recreation.

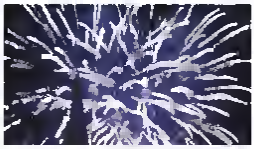
Nick Heasman, Western Area Manager for the South Downs National Park and also a competition judge, said: "I love the way the hiker's walking poles mirror the staffs held by the Long Man. This picture takes a cultural icon and brings it bang into the 21st century in a photo that could only have been taken in the South Downs National Park and that's what makes it a winner."

The team of judges, which also included Steve Watkins, editor of Outdoor Photography Magazine and Doug Jones, Member of the South Downs National Park Authority, highly commended three further pictures:

- Point to Point by Andy Jackson. A romantic and ethereal scene of horse riders at dawn on Firle Beacon.
- An Avenue of Horse Domes by John Wigley. A deceptively simple image of walkers on a flower-bordered footpath near Beptun Down which draws the viewer in by revealing more detail the longer it's looked at.
- Looking to Lewes by James Ringland. Capturing fantastic light, colours and textures on the fields from the South Downs Way towards the market town of Lewes.

Local actor and comedian Hugh Dennis (Second right) holds [illegible] photograph

Big switch-off



CHICHESTER'S Christmas lights switch-on event was cancelled at the last minute due to bad weather on Saturday.

Planned events, including entertainment and fireworks, became a wash-out as both heavy rain and wind left organisers no choice due to health and safety.

A decision on the switch-on and the fireworks was made after organisers consulted with the met office which ultimately left Chichester without their planned switch-on.

Kim Long, city centre manager, said: "As a result of the weather it was decided to cancel the light switch on due to the fact that all of the entertainment was raised off and all of the surrounding events had to be cancelled."

Event organisers have now switched on the lights – but the planned firework display as part of the Christmas festivities has now been cancelled.

Mo'vember at CHSB

ONCE AGAIN, Chichester High School for Boys has supported the worldwide campaign that is 'Movember'.

24 male members of staff have been sporting and growing their facial hair over the month.

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in the UK and around the world. The aim of which is to raise vital funds and awareness for men's health, specifically prostate cancer and testicular cancer.

As a school they are committed to changing the face of men's health, and have been supporting this charity to promote discussions about men's health issues.

The students have been great supporters, with their kind words of encouragement to all members of staff who have taken part.

The Movember ends with a staff competition, with a chief Mobro voted for by the student body.

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It's dripping toast and Bucks Fizz for me

Tommy Boyd

CHICHESTER CHRISTMAS LIGHTS

We drive down to the Cross for the lights switching on at 7 00pm as advertised grand fireworks and the rest Lone woman in a fluorescent strides past the 50 or so like-minded souls calling out "Sorry the fireworks are cancelled!" Disappointed but hey we re British

WINTER WEATHER

They re predicting 5 Centigrade overnight tomorrow This might just be the year of the big snow.

DISAPPOINTMENTS

Worse things happen at sea Speaking of which I remember working with an exec whose favourite way of saying "No" to something was "I d rather lose an arm in a freak yachting accident."

CHICHESTER SHOPE

The cancellation must have hurt a bit Our shops are in there fighting for business can t imagine the takings on Christmas fights night would have been a life-changing boost for them but it won t have helped

FATNER CHRISTMAS

Why no Santa In Chichester then? Anybody? Is there a man or woman standing that doesn t remember the sheer enormity of telling this man somewhere In a department store probably that we wanted a bike? C mon! It's not too late He ll not cancel for the weather

OUT OF TOWN SHOPPING

Our precious shops are up against the warehouses We drove up to Halfords to check out a Christmas bike for somebody then the mega pet shop (our dog gets a wee gift each year) PC World John Lewis (wow by the way, brilliant) then Staples (5 blank exercise books £1) then Liddle for a few bits for a casserole Pouring with rain but covered walkways meant barely a damp head Parking up to the door Staff charming and Christmassy.

CHRISTMAS DINNER

Every year we fleetingly flirt with doing the full Dickens, oysters and smoked salmon starters chilled Bollinger goose with juniper berries and goose-fat roasted potatoes Harrods crackers candles hand knitted plum duff whal a fag

We ll do the usual turkey and Chrissy pud gratt Actually the key meal is Christmas breakfast, for me dripping toast and Bucks Fizz

NATIVITY

It s that time when parents gear up for the school Nativity play Always a beautiful event. You watch your child be part of something so innocent and profound you can hardly compare them with their enthusiasm for X Box and Spongebob Squarepants

BETHLEHEM

I went to Bethlehem when I worked out there Disappointing. It reminded me of Blackpool endless kiosks selling cheap souvenirs. The worst was a plastic model of a pregnant Virgin Mary with a hinged abdomen Open the domed womb and inside is a model of the baby Jesus curled up and smiling Utterly Ugh.

CHRISTMAS DAY BREAKFAST

For reasons I don't understand a lot of men have a pork pie for breakfast on Christmas morning I can see why but it's still hard to fathom this reverence for the pork pie If I find myself in a petrol station waiting to pay for fuel and am about to do another 200 miles I will buy a pork pie

JOKE

Eddie Izzard t think,
We re having fish for Christmas dinner this year
We re not eating them they re just coming round

CONTACT TOMMY AT: TOMMY BOYD@CHICHESTERNERALD.CO UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@Callum_Whitley
"The joys of predictive text. Just told someone that I am a part-time Batman in Chichester! Better wash my cape"

@AnnaMaria585
"Outing in Chichester with the flatmates Santas here!"

@alexstenhope
"Emails done Time to pace the mean streets of Chichester for an hour or so It's good for the spine)"

@SalarGhotaste
"I ve had an awesome day and tomorrow heading to chichester to have an insane 4 day weekend"

@TheRealJackDee
"Funny how none of the papers have leaked the Leveson Inquiry findings"

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FREE EVERY FRIDAY
Chichester Herald [illegible] available for self selected pick up / delivery Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

Distribution locations include Tesco Sainsbury's Waitrose, Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagent. One Stop Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops We also distribute at east and newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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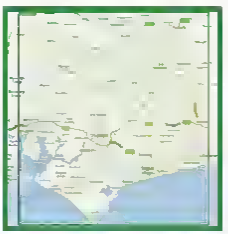
Aldwick Arundel Barnham Birdham Bosham Brackleshan Chichester Fontwell Goodwood Midhurst Nyetimber Pagham Petsa Green and East & West Wittering



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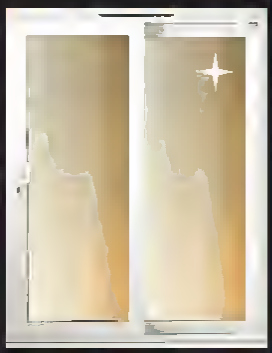

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Champagne stolen in Bognor burglary

POLICE are appealing for witnesses following a burglary in Bognor last Wednesday (21 Nov)

Between 9am and 2pm, offenders broke into a property in Upper Bognor Road via an insecure window. Several distinctive bottles of champagne were stolen along with a green Antler holdall.

Descriptions of the champagne include a bottle of orange label Veuve Clequot, black label Krug in a black triangle shaped bottle, Moet and Chandon and three other bottles of unknown champagne.

A police spokesperson said: "If anyone has any information relating to this incident, or you have been offered the items described, then please call police on 01 01 quoting serial 0672 of 21 November."

Theft of mini-digger in Lurgashall

POLICE are investigating the theft of a mini-digger and other items from Lurgashall Winery in Lurgashall.

Between 10pm on Wednesday, 14 November and 9am on Thursday 15 November a Kubota mini-digger and other power tools were stolen along with specialised machinery for the wine-making business.

The mini-digger did not have a trailer and thieves would have had to bring their own.

Police would like to hear from anyone who saw plant machinery being towed on a trailer between 10pm on Wednesday, 14 November and 9am the next morning in the area of Lurgashall.

They would also like to hear from anyone who saw vehicles towing an empty trailer into that area that night.

PC Andy Rawlinson of Chichester Neighbourhood Response Team said: "I would also ask that any homeowners or business owners with premises on the approach roads to Lurgashall, who have a CCTV system with a camera covering the roadway, to contact me."

Any witness or anyone with information is asked to call 101 quoting serial 0270 of 15/11. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Attempted distraction burglary in Chichester

AN APPEAL is being made to anyone who saw a man on Westergate Street in Chichester around midday on Friday (November 23).

At 12.15pm the man called at a house of a woman in her 90s and told her he needed to check her radiators. He waved a clipboard at her before walking into the house. He looked at the radiator in the lounge and then went upstairs. The victim told him her daughter would be round any minute and he left immediately.

Some of the drawers and the jewellery box in her bedroom had been opened but nothing had been taken.

The suspect is described as white, between 23 and 25, slight build, no facial hair, medium length mousey brown hair, 5' 8" and spoke with a local accent. He was wearing dark coloured clothing, dark coloured jacket undone with a grey pullover underneath with a dark possibly criss cross pattern.

A Sussex Police spokesman said: "Always use a chain on your door if you are answering to someone you don't know and don't be afraid to ask to see some ID which you can look at properly. If you are in doubt, don't let them in and phone the company they claim to be from using a phone number from a telephone directory. If you are suspicious then call police on 101."

Anyone with information about this incident is asked to call police on 101 quoting serial 0669 of 23/11 or the independent charity Crimestoppers anonymously on 0800 555 111.

Bridge Day bonus for the Aldingbourne Trust

THE ALDINGBOURNE TRUST held a unique fundraising event in November – a Bridge Day.

100 keen Bridge players gathered at Upwaltham Barns to play the card game under the tuteloge of the top national Bridge player Andrew Robson.

The day was greatly enjoyed by everyone there was a fun, competative atmosphere and delicious food. The event raised a fantastic £3,300 towards the Aldingbourne Trusts £4 Million Fundraising appeal launched earlier this year.

Abigail Rowe, Aldingbourne's Fundraising Consultant said: "We were thrilled that our Bridge Day was so well supported. Andrew Robson is a fantastic teacher as well as player, having been European Bridge Champion. We are so grateful to everyone who helped us make the event such a success, especially to Upwaltham Barns for providing us with such a beautiful venue. If anyone is interested in attending next year's event we are already creating a list, so please do let us know if you would like your name added."

The Aldingbourne Trust is an enterprising charity that supports adults with learning disabilities to develop their skills which will enable them to live independently and find employment. If you are interested in holding your own event or wish to find out more about future events then please visit www.aldingbournetrust.co.uk or contact Abigail Rowe on 07802783604.

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Sweeney Todd wins Evening Standard award

The production won the Ned Sherrin Award for Best Musical at a ceremony on Sunday 25 November Another Festival 2011 production, Singin in the Rain, was also nominated in the same category

Sweeney Todd was directed by Jonathan Kent, featuring West Wittering based star Michael Ball in the title role and Imelda Staunton as Mrs Lovett. The production transferred to the West End in February 2012, where it ran until September

AN EVENING STANDARD Theatre Award has been won by Sweeney Todd, the acclaimed musical produced during Chichester's Festival 2011.

Record Office to close temporarily next week

THE RECORD Office in Chichester will be temporarily shut for two weeks from Monday December 3

The closure, which happens every year, will help staff with major cleaning and sorting jobs as well as catching up on the backlog of cataloguing

It will then reopen at 9 15am on Monday December 17

Lionel Barnard, County Council Deputy Leader responsible for the Record Office, said "The closure will help staff tackle the time consuming jobs that cannot be completed when it is busy with members of the public.

"It will also allow the Record Office to continue to provide a high-quality service when it reopens."

The temporary closure will have no effect on the registration and coroner services both of which also occupy the building and will remain open as usual

To find out more contact the Record Office on 01243 753 602 or visit Orchard Street, Chichester, PO19 1DD

Alternatively visit its website at www westsussex gov uk/recordoffice

Olympic star Alex Danson visits CHSB

Alex Danson [illegible] CHSB [illegible]

OLYMPIC hockey bronze medallist Alex Danson passed on her wealth of sporting experience to pupils of the Chichester High School for Boys as part of the Sky Sports living for sport project (www livingforsport.skysports.com).

The 27 year-old, who visited the school last Friday, is an athlete mentor for the project and proved to be a big hit as her enthusiasm for her sport and inspiring others to follow her is infectious

In total she was involved with four classes during the day, which included a master class with Year 7s, a question and answer session as well as some hockey tips with the 6th Form hockey team

There was also chance for the pupils to have their pictures taken with the bronze medal that Alex won earlier in the summer at the Olympics

Great Britain hockey star Alex Danson said, "I have been really busy since the Olympics as a mentor and am travelling all over Chichester is a lovely City and I have enjoyed my visits This project is just brilliant and I really enjoy going into the schools and inspiring young people."

Head of PE Neil Zanger was delighted to have the hockey star at the school and said "To have a high profile athlete here can only inspire It is brilliant that Alex is spending some of her valuable time talking to students and helping them realise that they can achieve a dream."

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The Magic of Christmas

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10am - 4pm

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- Owls 4 U*
- Write a letter to Father Christmas who promises to reply to every letter he receives
- Meet the Elves
- Entrance to the Open Farm
- Access to the Christmas Market
- Christmas Story time in the Woodland
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Christmas Crazy Golf* • Photos with Father Christmas*
* These attractions will incur an additional cost

ALL PROCEEDS WILL GO TOWARDS OUR £4 MILLION FUNDRAISING APPEAL!

The Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, PO18 0JP
www.aldingbournetrust.co.uk Tel: 01243 542075 Charity No 276484

Pushing for a fairer funding deal for West Sussex

WEST Sussex County Council Leader Louise Goldsmith and Cabinet Member for Finance and Resources Michael Brown met with Government Minister Brandon Lewis last week, lobbying for a fairer funding deal for the residents of West Sussex.

Brandon Lewis MP is Parliamentary Under Secretary of State at the Department for Communities and Local Government.

Louise said: "Our clear message was that West Sussex County Council does support the Government's necessary deficit reduction measures, being undertaken to reduce the massive debt our country is in. We are doing all we can locally to ensure that budget reductions are delivered while protecting those most reliant on our services.

"However, we made it clear that as a county we have suffered from the last Government's redirection of funding away from the South East, in particular West Sussex. We have endured a decade of low funding and we want to ensure that West Sussex residents get a fairer deal from Westminster."

Michael added: "It was a positive meeting, and I am hopeful that Brandon Lewis took our comments on board. The Government is developing a new system for the awarding of the local government grant settlement, and I hope our comments will make a difference to that work.

"West Sussex has a strong record of being a low cost, yet high performing council. We are well on track to achieve our three-year £79 million savings programme, and I am pleased that the majority of these savings have come from smarter and more collaborative working methods wherever possible.

"Despite cuts in Government grants thanks to the hard work of the Council and its staff, service levels are being maintained. The Council is confronting the difficult financial landscape by drawing up its efficiency.

"But, the fact is that we continue to be very low funded, in fact, the third lowest among County Councils on a like-with-like basis. The best funded county area receives around twice the sum we do, and the average funded Metropolitan Authority and London Boroughs receive almost three times the sum."

Other issues raised by Louise and Michael at the meeting included on-going concerns over how the Government's Area Cost Adjustment is calculated, the need for the Government to provide adequate funding to meet the rising demand for adult social care, and the need for the Government to introduce financial safeguards with the introduction of the new Business Rate Pool system.

Louise added: "This was an ideal opportunity for us to have a frank discussion with the Government Minister and we now wait to see if our lobbying has any affect in producing a fairer allocation of funds."

Double delivery for nurses

The Maternity Unit at Chichester with the waiting staff

NURSES at St Richard's Hospital's Maternity Unit were this week presented with two winning shields after yet another delivery in water. But it wasn't a baby in a birthing pool that they delivered – it was sponsorship after a feat in a bigger pool!

Earlier this year Chichester Lions Club organised a Swimathon at the Westgate Leisure Centre and invited various other fund raising organisations and clubs to participate. 75% of all sponsorship collected by participants would be returned to boost their organisations and 25% kept by Chichester Lions to cover administration costs.

On Friday lunchtime Lion President Brian Attfield and other Chichester Lions met with Friends of Chichester Hospital who were responsible for getting several teams of nurses to participate in the event. A total of £1,700 was raised by nurses in the Maternity Unit of St Richards. Friends of St Richards Hospital had donated £100,000 towards the new reception areas for Maternity, Gynaecology and Paediatrics but the actual costs were considerably more. Nursing staff working in the area were very enthusiastic to participate in the Swimathon and raise further monies towards the new reception area.

Chichester Lions were shown round the new reception area by the nursing staff. The previous reception area was very cold and had little privacy or security for the public awaiting treatment. The new reception is both user and staff friendly with excellent security and additional privacy for those being treated.

A shield was presented to a) The team completing the highest number of lengths in the pool, and b) the team who raised the most sponsorship. Both trophies were won by St Richard's nurses in the Maternity Unit. Lion President congratulated the nurses on their achievement and The Friends of Chichester Hospital.

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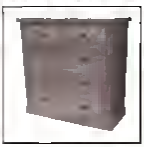

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QUEBEC LARGE CONSOLE TABLE 150CMS WIDE 3 DRAWERS IN SOLID OAK **WAS £399** **NOW £195**	CHUNKY FARMHOUSE COFFEE TABLE 60CM X 60CM IN SOLID CHARACTER OAK **WAS £595** **NOW £275**	HERIZ PERSIAN RUG HAND WOVEN CARPET 301CM X 242CM 100% WOOL PILE **WAS £6395** **NOW £2879**	MAMLUK PERSIAN RUG HAND WOVEN 9' 6" X 8' 5" **WAS £3709** **NOW £1485**	NAZRABAND HAND WOVEN PERSIAN RUG 6' 4" X 4' 2" 100% WOOL **WAS £1120** **NOW £499**	[illegible] HAND WOVEN 100% WOOL RUNNER 172 X 69CM **WAS £599** **NOW £275**
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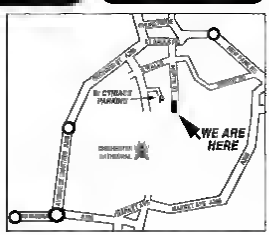

All offers correct at time of going to press and subject to availability E & OE

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Locals nominated for awards

SUSSEX FOOD & DRINK AWARDS judges have tested and tasted their way through the very best farmers, producers, eateries, markets and food shops and have reviewed the votes of thousands of food and drink lovers in the county and following great debate, are ready to announce their verdict.

Said Clive Beddall OBE, Chair of the Judges, who oversaw the judges' debate hosted at Knill James's offices in Lewes, "Sussex produce is just getting better and better and is getting more famous every year in other parts of the country – we have a great deal to be proud of in this county!

"Once again, the quality and diversity of our finalists is superb and we have some exciting newcomers alongside old favourites We are now looking forward to announcing our winners at the Sussex finale event of the year, the awards banquet, at the Amex on January 31, hosted by Sally Gunnell OBE and the BBC's Danny Pike."

The three grand finalists in each of the eight awards categories strictly in alphabetical order, are:

Best Sussex Eating Experience, sponsored by Mayo Wynne Baxter Solicitors

- The Cat, West Hoathly, West Sussex
- The Ram Inn, Firle, East Sussex
- Wahi, Horsham, West Sussex

Sussex Farmer of the Year, sponsored by Knill James

- Henry Goring, the Wiston Estate, Steyning, West Sussex
- Martin and Gondrada Hole, Montague Farm, Pevensey, East Sussex
- Phil and Steve Hook, Longleys Farm, Hailsham, East Sussex

Sussex Food Producer of the Year, sponsored by The Southern Co-operative

- Caroline's Dairy, Selsfield, West Sussex
- High Weald Dairy, Horsted Keynes, West Sussex
- Just Brownies, Partridge Green, West Sussex

Sussex Farmers Market of the Year, sponsored by Harveys

- Chichester, West Sussex
- Lewes, East Sussex
- Steyning, West Sussex

Sussex Drink Producer of the Year, sponsored by Natural PR Ltd

- Dark Star Brewing Co, Partridge Green, West Sussex
- Ridgeview Wine Estate, Ditchling, East Sussex
- Webbs Gate, Rolvey, West Sussex

Best Sussex Food/Farm Shop, sponsored by the Sussex Food & Drink Network

- The Hungry Guest, Petworth, West Sussex
- The Sussex Produce Company, Steyning, West Sussex
- Veasey and Sons Fishmonger, Forest Row, East Sussex

Sussex Butcher of the Year, sponsored by Natural Forms

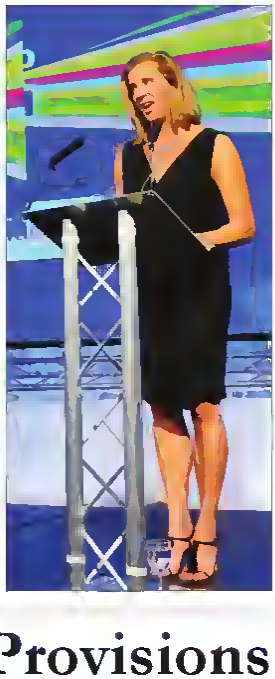
- Archers, Westfield, East Sussex
- Brompton's Butchers, Brighton, East Sussex
- John Murray Butchers, Loxwood, West Sussex

Previously announced, Sussex Young Chef of the Year, sponsored by Gram UK Ltd and Cheese Please

- Charlie Tayler, South Lodge, Horsham, West Sussex
- Jimmy Gray, Jeremy's Restaurant, Barns Hill, West Sussex
- Ryan Hunter, Wingrove House, Alfriston, East Sussex

Said Paula Seager, MD of Natural PR, who organises the awards "We made changes to the voting system for the Sussex Food & Drink Awards this year, including introducing text voting, and are delighted with the outcome, with each finalist receiving around three times more votes than in previous years The calibre of our grand finalists speaks volumes about the quality of the food and drink industry across the whole of the county."

Tickets for the Sussex Food & Drink Awards banquet, a sumptuous seven-course Sussex feast created by Azure Catering and lively awards ceremony, on January 31 at the Amex Stadium, are now on sale at www sussexfoodawards biz



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Revision Provisions

Mia Edwards

I M JUST at that tipping point of my school life when I m about to have to sit exams This is something that happens to everybody obviously, but when it comes to me I feel like it's completely new For a start I actually HAVE to work in class Properly And also, there's the problem of revision

I do genuinely revise for most tests Normally I read a revision guide or something But the thing is, it's SO hard to care about maths when Made in Chelsea's on Sometimes I try to combine the activity of going on the computer with revising, but it doesn t work. Sad times I end up giving into the exam and almost passing out when I read the questions

Plus, I feel the need to reward myself for my efforts when I ve revised for ten minutes by taking a break and eating some sugary snacks It's great; it means I work frantically for a short period of time so that I can eat and rest, then I go back to work and begin the circuit again However, it does mean that I spend most of my studying time thinking about chocolate and television and looking at the clock, counting down the minutes

The thing is, I know I need to go over all the stuff that I ve learned, I won t even slightly recall it if I don t. It's so boring though If there s been some drama at school I think about it for the whole time, so while I do actually read the revision notes, I don't take any of it in

The reason for me not revising well is similar to the reason teachers like picking on me in class They ll ask a question and look up and I ll be sketching flowers in my planner or writing SWAG (don't ask) in capitals on some spare paper There are so many interesting things to be doing and thinking about in life It's bad enough learning all the facts in school – then I have to spend ages using time going over those joyful bursts of knowledge so that I can write them down in a test that I don t want to take so that I can go to a more riveting school later in my life It's a sad cycle really, but it's best to get down to revising so that you feel prepared

But anyway, I'd better go revise for some excellent exams now Goodbye

Let us know what you think @chiherald

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Chichester Harbour Conservancy celebrates lottery grant

CHICHESTER Harbour Conservancy is one of the first groups in the UK to receive a Heritage Lottery Fund (HLF) All Our Stories grant, it was announced this week.

The discovery of a teenager's diary recording the summer of 1940 around Chichester Harbour sparked a desire to involve local college students in telling a personal story from the Second World War. Staff and students at Havant College jumped at the chance to work with Chichester Harbour Conservancy on the film project to uncover and tell stories from the wartime years. The project has been awarded a £6,600 All Our Stories grant.

All Our Stories, a brand new small grant programme, launched earlier this year in support of BBC Two's The Great British Story – has been designed as an opportunity for everyone to get involved in their heritage. With HLF funding and support, community groups will carry out activities that help people explore, share and celebrate their local heritage.

The popular series presented by historian Michael Wood and supported by a programme of BBC Learning activities and events got thousands of us asking questions about our history and inspired us to look at our history in a different way through the eyes of ordinary people.

The programme and HLF All Our Stories has proved a real hit and now The Seamen Story, is one of hundreds of successful projects around the UK to receive a grant.

Chichester Harbour Conservancy working with the students from Havant College will be researching life in the 1940s and specifically in Emsworth. Using this research and a diary extract from a local teenager, Strahan Seamen, the students will work with a film production company to make a short film. The project will give them a full experience of producing and directing a video. The video will then be used by the Harbour Education Service during field trips for local primary schools visiting Chichester Harbour.

TV presenter and historian Michael Wood, said: "We British love our history, and no wonder few nations in the world, if any, have such riches on their doorstep, and so much of it accessible to all of us. It is really tremendous that the people of Chichester Harbour have been inspired to get involved to tell their own story and to dig deeper into their own past. It's brilliant that so many people are being given the chance to get involved through the All Our Stories grants. Having travelled the length and breadth of the British Isles this last year filming The Great British Story, I am certain that fascinating and moving stories will be uncovered which will not only bring to life the excitement of local history, but will illuminate and enrich every community's case echoed with the national narrative.

Commenting on the award, Ali Beckett said: "We have a vibrant education department but this is really something quite new and exciting. It will be a young person from the past talking to today's young people about life in wartime. We will show the film to local schools and also at events with older people in the hope of jogging other peoples memories."

Stuart McLeod, Head of the Heritage Lottery Fund South East, said: "Clearly the success of All Our Stories has reinforced the fact that we are indeed a nation of story tellers and that we want to explore and dig deeper into our past and discover more about what really matters to us. This is exactly what the great will do for the 'The Seamen Story' as they embark on a real journey of discovery."

Trio of Charity Events

• Russells Garden Centre shows that Christmas is all about giving with three charity events over the festive season!

SIRDHAM based Russells Garden Centre are hosting three charity events throughout December to support local charities – leading the way in the principle that Christmas is all about the giving, not the receiving!

Saturday 1st December sees Santa paying a visit to raise funds for the Sussex Snowdrop Trust, there will be a chance to meet Mr Claus, enjoy mulled wine and mince pies and take part in a raffle.

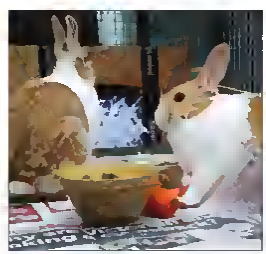
On Saturday 6th December Russells will be hosting a traditional tea dance, tickets are £5 which includes a wonderful handmade cream tea to raise funds for the Sussex Snowdrop Trust.

Then to complete the charity trio Russells are inviting you to meet Three Sussex Writers in support of St. Richards Eye Unit. Tickets are priced at £5 each to include a cream tea and enjoy the opportunity to meet and chat with fabulous local authors Isabel Ashdown, Gabrielle Kimm and Jane Rushridge.

Russells owner Lesley Phillips is passionate about local charities, she said "We hold events throughout the year to raise funds for a host of local charities but with Christmas coming we felt it was a great opportunity to really go to town!"

Details of all events can be found on the Russells Garden Centre Facebook page and on their website.

Rabbit adoption and needs



RABBITS are social creatures and make good pets for older children and adults. Many gained their first insights from books featuring Beatrix Potter's Peter, or watching the phenomenal Watership Down.

Rabbits need regular handling and it is better sitting down when handling, as they can sometimes jump quickly and can get injured. What better way to relieve stress than to sit watching the homes play, and nibble grass on a summer's evening!

Rabbits are best kept in pairs, and the best combination is either a spayed female and a neutered male or two spayed females. Rabbits breed prolifically with a female giving birth to 12 babies. So getting a rabbit's sex reliably identified is critical. Incorrect sex identification by a shop, and the inevitable arrival of bunnies from a supposedly same sex pair, is a very common

Cat and Rabbit Rescue Centre

reason for unwanted rabbits entering Rescue.

Rabbits are very active, need a hutch for shelter and 24 hour access to an area 1.83m x 1.22m (6 x 4 foot) for exercise and a height of 0.61m (2 foot) as they spend a lot of time on their back legs. People often adapt children's playhouses and sheds as these can provide good accommodation, and somewhere to handle the rabbits and store supplies.

There are currently 33 rabbits waiting for adoption. The Rescue has expertise to help breed a rescue rabbit to your single rabbit. All rabbits will be vaccinated for myxomatosis, VHD and covered by Petplan insurance for 4 weeks. If the rabbit is neutered/spayed the minimum donation is £35, or if un-neutered you will be given a voucher for neutering at The Rescue when the rabbit is old enough (usually costs much more!!).

You can come and view the rabbits any Sunday from 2.00 to 3.30 p.m. and reserve your choice, pending a satisfactory pre-home visit. Otherwise Visits are strictly by appointment. Tel: 01243 641409.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

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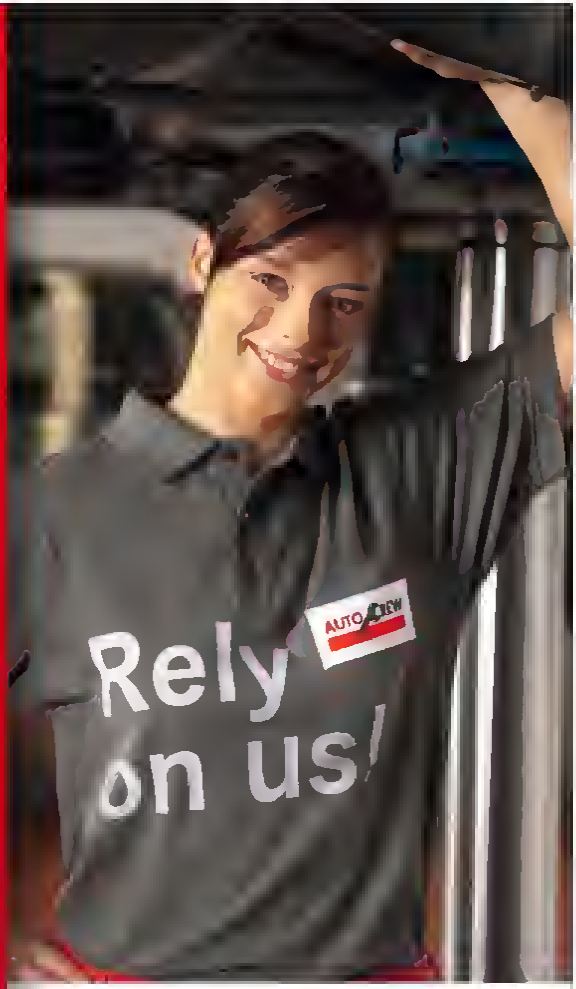

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Over 100 apply for temp Christmas jobs at John Lewis in Chichester

WITH JUST four weeks to go until Christmas, John Lewis at home Chichester has received over 100 job applications for Christmas temporary roles.

John Lewis at home Chichester has created 16 new temporary jobs in the local area in the run up to what is the busiest shopping period of the year. The Christmas temps employed by John Lewis at home Chichester will support the shop during its extended opening hours throughout the festive period which starts from 1st December.

The Christmas temps will fill a variety of selling assistant roles across a number of departments including Christmas shop, furnishing accessories, homeware and electrical technology. Importantly, all temporary Partners (staff) will be provided with retail training skills so that they can deliver the exceptional customer service and product knowledge John Lewis is renowned for.

Sarah Allen, personnel manager, outlines key attributes that John Lewis at home Chichester look out for. "When we are recruiting temporary Partners for Christmas, we look for people who appreciate the importance of great customer service and are willing to go that extra mile for customers visiting our shops. Making sure that customers enjoy their experience and are satisfied with the service they have received is the number one priority for all our Partners."

The John Lewis recruitment team is committed to training all Christmas temporary sales assistants, to achieve the highest level of customer service and build upon John Lewis' established reputation.

A New Flock at The Lamb

THE LAMB in West Wittering, seemingly the perfect English Pub – open fires, beer garden, real ale and home-made bar snacks. Well it seems that the dream pub is back with a new team and Chef.

It's a collaboration between David Skinner of Semphira Restaurant in East Wittering who recently got into the Good Food Guide 2013 and Michelin Guide 2013, James Robertson, recently working with Ioo Brighton, and Darren Brown of West Stoke House and more recently Ambe and Friends on North Street.

With a proud pedigree of chefs cooking tasty and exciting pub food with the ghost of Michelin excellence The Lamb is now striving to become the next great local pub in West Sussex.

On the road into West Wittering, the passing trade is fantastic, and with a strong local following the plan is to pull our villages and Chichester to come and eat our simple, home made food.

As part of the launch of The Lamb, the team has organised a special weekend celebrating the arrival of Nouveau Beaujolais from Paris. The team from Hennings Wine Merchants on North Street Chichester will be racing across from Paris to hopefully be the first to crack open this year's vintage and be served with some traditional French Bistro Classics.

The event will be run along with support for the Twinning Association Of The Witterings and Mother-Les-Marfiot.

Air ACES

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WELCOME's YOU

to come to their FREE

inaugural meeting on

SATURDAY 1st December 2012

9.45am for 10.30am start.

For **ANYONE,**

including those interested in 'AIR' – such as – Civil & Commercial pilots
Airline workers, Air operators, Glider pilots, RAF Association &
other services members, anyone who is interested in aircraft, 'Air show Buffs'
volunteers who help in the air industry / museums, Etc., etc.

To be held at the Chichester Park Hotel,

Madgwick Lane, Westhampnett, Chichester, West Sussex, PO19 7QL.

(behind Pizza Hut / McD on the Chichester by-pass).

It will help us and the hotel to have a rough idea as to how many persons may attend this meeting.
If you kindly contact David on 01243-377007 (email: david.katzeff@virgin.net)
Just to let him know of possible numbers it will be appreciated.
If this is not possible don't worry, please just turn up on the 1st December 2012.

FREE Parking.

Coffee, tea & biscuits available (at hotels cost)

Bar snacks & lunches will be available from 12 noon for those who wish

Come and learn about this new group that will meet monthly, starting in January 2013.

A great array of speakers are already lined up!

THE VINTAGE PARADE

Greetings
We cordially invite you to swing back in time to the era of fine dresses, afternoon tea and charismatic entertainers. The only authentic **Vintage Fair** in Chichester brings to you the finest traders with quality vintage apparel and genuine pieces. Experience our nostalgic atmosphere, quintessentially **English tea room**, vintage glamour **beauty parlour**, live music from **Downs Vintage Do** and the delightful **Miss Betty Bekel**. PLUS special guest throughout the day.

Come along for your chance to win a **Christmas Hamper** and to be entered in the **Best Dressed Vintage** rosettes and prizes to be given.

The Vintage Parade are delighted to partner with **Goodwood Revival** and have pleasure in offering Vintage Parade guests the opportunity to win a pair of complimentary tickets for the 2013 Revival event.

The room will be filled with vintage dresses to tassels to pick up – it shall be a wonderland of vintage and Christmas.

So dress up, keep calm and enjoy our distinctive location fit for any vintage soiree! Join us **Saturday 1st December** Council House, North Street, Chichester 11am-4pm

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Fat Face's Chichester Store is shortlisted for a Retail Week Award: Store Design of The Year

FAT FACE is thrilled to announce that their Chichester store has been shortlisted for a Retail Week Award for Store Design of the Year!

The store, which relocated to East Street in 2009, has always been an incredibly valuable location in the brand's portfolio, it's where the founders originated and it remains the closest store to the heart of the business. In March 2011, the store went up in flames when the maisonette above caught on fire causing substantial damage. Fat Face immediately began making steps to reform the burnt down store along with the help and support of local planners.

One year later the doors were opened to a new and improved store, boasting character and personality from the original features that were uncovered by the fire plus a whole host of changes all designed to drastically improve the overall shopping environment.

The story of the Chichester store, and its reformation, is something that the brand is particularly proud of and felt that it made a fantastic contender for the leading retail industry award.

Fat Face CEO Anthony Thompson said "I'm thrilled for our customers and store crew in Chichester, this National recognition is for them for their patience and hard work. Now we just need to win, fingers crossed!"

The results for the Retail Week Awards will be announced in March of 2013.

The Chichester Store Story

On Friday 9th March 2011, the Chichester store went up in flames when the maisonette above the shop caught on fire. Fortunately no one was injured however damage to the building was extensive and the 18th century listed structure was declared unsafe. Despite the devastation of loosing such a valued store, Fat Face was determined to come back fighting, and immediately began making steps to reform the burnt down store.

One year later the doors were opened to something quite remarkable. The fire uncovered the build's character and personality by revealing original features that were previously hidden when the brand took over the premises. These incredible features were then worked in to the new shop fit creating a far more rustic feel. Other changes were made such as, creating one level flooring and the addition of another fitting room, all of which helped to improve the overall shopping environment for their customers.

The fire destroyed the store during March 2011

Siobhan Mulcahy, Fat Face Chichester Store Manager, said "I held such a strong sense of pride that we haven't just rebuilt and painted over what was an unimaginable catastrophe, but actually allowed the buildings history and stories to breathe and have life again. The way the store is designed helps our ethos to be understood by our customers much more clearly and without words. Our customers are so happy that we're open again and especially by the fact that we are back better than ever! It really shows that no matter what, we can make it happen."

cineworld

Silver Linings Playbook (15)

Four out of Five stars

Running time: 117 mins
Director: David O. Russell
Starring: Bradley Cooper, Jennifer Lawrence, Robert De Niro, Jacki Weaver, Anupom Kher, Chris Tucker, Julia Stiles

Impressively directed and superbly written, this is a hugely enjoyable, warm-hearted romantic comedy-drama with a refreshing honesty towards its subject matter and a pair of terrific performances from Bradley Cooper and Jennifer Lawrence.

What's it all about?

Directed by David O Russell, Silver Linings Playbook has adapted from the novel by Matthew Quick and stars Bradley Cooper as former teacher Pat Solitano, who comes back to live with his parents (Jacki Weaver and Robert De Niro) after being diagnosed with bi-polar disorder and spending eight months in a mental institution as a result of a violent incident involving his ex wife (Brea Bee). Though he accepts the reality of his condition, Pat refuses to face up to the fact that his marriage is over and dedicates himself to winning his ex-wife back, despite the fact that she has a restraining order out against him.

When Pat's friends Veronica and Ronny (Julia Stiles and John Ortiz) try to help him by setting him up with Veronica's equally troubled sister Tiffany (Jennifer Lawrence), he's initially less than keen, especially when she keeps chasing after him on his morning runs. However, Tiffany eventually catches Pat and makes him an offer he can't refuse, proposing that she'll act as an intermediary between him and his ex-wife, if he'll partner her in an upcoming dance contest.

The Good

Bradley Cooper delivers his best performance to date as Pat, sparking palpable chemistry with Lawrence and rousing the urge to overplay the mental illness either for comedy or pathos, the result is a refreshingly honest portrayal that's both convincing and emotionally engaging. Lawrence, in turn, is as sensational as always and you can't take your eyes off her, there's a fiery resilience combined with a yearning, under-the-surface warmth to her character that is fascinating to watch.

On top of that, De Niro turns in his best performance in a long, long time as superstitious gambler Pat Senior and there's superb support from both Jacki Weaver and Shea Whigham as Pat's relatively successful older brother. Even the usually annoying Chris Tucker manages to reign in his usual screen persona, though thankfully he isn't around for most of the film.

The Great

Russell's direction strikes exactly the right tone, skilfully balancing both humour and emotion throughout while generating tension through edgy unpredictability. In addition, the script is frequently very funny, mining big laughs from unexpected moments, though it's also careful to have the dance contest pay off too, even if the film isn't quite the dance contest-centred romcom the trailers would have you believe.

Worth seeing?

Silver Linings Playbook is a hugely enjoyable romantic comedy-drama that's both laugh-out loud funny and genuinely moving, thanks to a strong script, assured direction and a pair of excellent performances that are sure to pick up awards attention for Cooper and Lawrence come Oscar time. Highly recommended.

Sky Diary – December 2012

By Peter Littlejohns

Mercury is visible during the first half of December in the constellation of Libra just before dawn in the East and to the lower left of Venus.

Venus is still very bright in the morning but will sink into the Sun's glare by the new year.

The winter solstice (shortest day) occurs on the 21st. It is the result of the tilt of the Earth's axis as the Sun reaches its lowest point as seen from the northern hemisphere.

Unmissable Jupiter is high and almost due south at 22:00 mid-month and well worth a look with even modest equipment as it is closest to us on the 3rd at only 600million km distance.

Saturn rises around 04:00 mid-month being only 5 degrees north of the Moon on the 10th.

The highlight of the month has to be the Geminid meteor shower around the 12/13th (high in the east). We could be treated to a predicted rate of around 100 fairly bright shooting stars an hour. They are the debris shed from an asteroid called Phaethon and this year will not have the Moon to interfere.

Adding to last month's article on Mars its highest volcano Mount Olympus is more than three times the height of Everest and one of the space probes captured an image of it erupting, sending a plume of debris 280km. into the air. The most changeable feature is the ice caps which consist of carbon di-oxide. They grow in the winter and shrink in the summer. It also has a giant crater some 1800km. across and 3km. deep; not bad for a planet half the size of the Earth!

Planetarium Shows and Dates. December 2012

Sunday 02	3.30pm	The Stars This Month
Sunday 09	3.30pm	The Night Sky This Christmas
Friday 21	7.30pm	The Star of Bethlehem
Sunday 23	1.30pm	The Star of Bethlehem
Sunday 23	3.30pm	The Star of Bethlehem
Monday 24	1.30pm	The Star of Bethlehem
Thursday 27	3.30pm	Seven Wonders of the Solar System
Friday 28	7.30pm	The Mid Winter Moon
Sunday 30	1.30pm	The Magic of Jupiter and its Moons
Sunday 30	3.30pm	Hubble's Glorious Universe
Monday 31	3.30pm	The New Year Night Sky

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day. A map showing our location can be found at: www.southdowns.org.uk

SILVER LININGS PLAYBOOK COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. BRADLEY COOPER IS CURRENTLY FILMING THE THIRD FILM OF WHICH FRANCHISE?

A) THE A TEAM

B) THE HANGOVER

C) LIMITLESS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 4th Dec at midday. The winner will be notified later on that day.

• Last weeks winner is Jennifer Mukwesha from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

Merry Christmas

Shop locally this Christmas and discover all the Chichester District has to offer

CHICHESTER DISTRICT residents are being encouraged to shop locally this Christmas

The district offers a wide range of shops Chichester has everything from high street names to independent retailers while Midhurst, Petworth and Selsey are full of independent shops stocking a range of products

If you're out and about in the district, take time to visit the local attractions too A visit to the shops in Chichester could be combined with a visit to a carol service at Chichester Cathedral, a trip to Pallant House Gallery or a chance to explore The Novium, the new museum You could also take a guided City Walk For tickets or more information contact Chichester Tourist Information Centre on 01243 775888 Or you could take a walk around the historic City Walls.

If youre in Midhurst you could combine the visit with a winter walk to Cowdray Ruins In town watch out for a fun 'Find the Stag' competition for the children. Once you have located all the stags hidden around the town, enter the prize draw to win a prize The competition takes place from Monday 3 December to Saturday 8 December Late night shopping will also take place Friday 9 December (to coincide with the Midhurst Town Council Street Party)

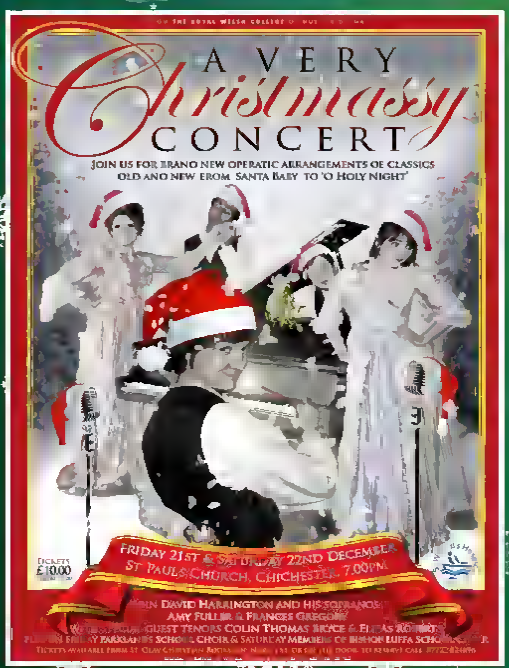
Petworth is internationally recognised for its antique shops but it is also a lively and inspiring town with lots of independent shops Shoppers could take time to visit Petworth House while doing their Christmas shopping

Meanwhile head to Selsey for some locally caught seafood as Selsey crab and lobster are at their best this time of year As well as visiting the towns shops you could also make time for a walk along the foreshore to Esse Head

Other ideas for visits around the district include a stroll in Brandy Hole Copse in Chichester to see the holly and the ivy in its natural state but please leave it there for the wildlife! Or experience the traditions of Christmas past in Sussex at the Weald and Downland Museum Singleton from Wednesday 26 December 2012 to Tuesday 1 January 2013 For further details please contact the museum on 01243 811348 or go to www.wealddown.co.uk

You could also pick up festive fresh food at one of the district's farmers markets – for more details see www.chichester.gov.uk/farmersmarket.

To find out more about shopping in the district see www.visitchichester.org and for Christmas events essential information and more see www.chichester.gov.uk/christmas


A VERY
Christmassy
CONCERT
JOIN US FOR BRAND NEW OPERATIC ARRANGEMENTS OF CLASSICS OLD AND NEW FROM 'SANTA BABY' TO 'O HOLY NIGHT'
TICKETS £10.00
FRIDAY 21ST & SATURDAY 22ND DECEMBER
ST PAUL'S CHURCH, CHICHESTER, 7.00PM.

Father Christmas popped in to finish the Tree

DESPITE the wind and rain Father Christmas found time to pop into the Council House in North Street, Chichester on Saturday to help decorate the tree in the Charity Christmas Card shop.

The UK's largest multi charity Christmas card organisation which has a shop in Chichester is urging people not to forget to support charities as they make their preparations for the big day.

Charity donations have dropped this year and buying Charity Christmas cards is more important than ever. It is a way of supporting the charities as well as keeping in touch with family and friends. You buy once and give twice.

The Chichester outlet in the Council House is open Monday – Saturday 9.30 – 4.30 until 19th December. Over 40 different charities are represented including local charities Sussex Snowdrop Trust, Chichester Hospitals, Chichester Cathedral, Canine Partners. Plus you can find local Christmas scenes such as Bosham in the Snow, the Chichester Cathedral and the Sussex Downs.

As well as a wide range of card designs from national and local charities, the Chichester shop in The Council House also sells Christmas goods, purchased by Cards for Good Causes, such as notebooks, stocking fillers, traditional advent calendars, wrapping paper, gift tags and napkins. We're sure just one visit to our shop will help you cross a few festive jobs off the list in one go. Why not have a dip in the Lucky Santa Sack while you're there!

Cards for Good Causes have over 300 national outlets including Capron House in Midhurst. For local sites and opening times call Tel: 01264 361555. Email: cfgcs@interalpha.co.uk, or look on line at www.cardsforcharity.co.uk. Online sales also available. Make a difference this year and buy Charity Cards from your local Cards for Good Causes outlet.

The streets come alive with unusual Gifts this Christmas

Event organisers **Woodland Crafts** will be bringing their wonderful **Christmas Market** to the heart of Chichester from **8th - 16th December**. Set in East Street and North Street, the market brings the city centre to life with over 50 festive stalls.

With the Christmas Market set amongst the superb shops and cafes in Chichester, this is a wonderful opportunity to find an inspiring selection of quality products for you and your home, as well as unique gift ideas for all the family. Event organiser, Paul Bishopp said "Many of our customers find all their Christmas presents at our events and we'll have plenty to offer them again this year. Our Christmas craft stalls and the superb mix of shops make Chichester the perfect destination for a great day's shopping."

For more details of the Chichester Christmas Market and all our other events, visit our website...

www.woodlandcrafts.co.uk

Chichester
Christmas Craft Market
Live Nativity Scene
in Chichester City Centre
in the pedestrianised areas of North Street and East Street
December 8th - 16th
9am-5.30pm daily except
Late Night Shopping Thursday: 9am-8pm
and Sundays 10am-4.30pm
Woodland Crafts
EVENTS MANAGEMENT
For more details of all our events, visit...
With wonderful traditional and modern crafts, alongside the superb shops in the heart of Chichester
www.woodlandcrafts.co.uk

Christmas light switch on in your area

TO HELP get everyone in the festive spirit we've got a roundup of the Christmas lights switch on events in the Chichester District

Midhurst

Midhurst Town Council's annual Christmas Street Party

Friday 7 December 6-9pm

The annual Christmas Street Party will take place between 6pm and 9pm in Church Hill / Red Lion Street.

There will also be a Christmas Market in the Spread Eagle Jacobean Hall to tie in with late night shopping and the Town Council's Street Party

Petworth

A whole range of activities has been organised to celebrate the switching on of the Christmas lights in Petworth on Saturday 1 December. From 11am there will be stalls in the Leconfield Hall, Market Square, and Lombard Street. There will also be Christmas Tree Festivities in the United Reformed Church and a children's fun fair.

Music will start in Golden Square at 4pm. There will also be a magician and juggler.

From 5pm children can visit Father Christmas in his grotto and the lights will be switched on at 6.30pm by Lord Egremont and his granddaughter Esme.

Spirit FM will also be on hand to get the crowds into the festive spirit. Shops will be open late and a 'live' window competition will be taking place with awards to the winners in the evening. Christmas Carols will be performed by Petworth Town Band, St Mary's Church Choir and other choirs. There will also be mince pies and mulled wine courtesy of the Co-operative.

For more information, please contact Petworth Town Council.

Selsey

Selsey will be holding an event on Saturday 1 December with the lights being switched on at 6pm. Find out more by contacting Selsey Town Council.

Make your child's Christmas with a magical day out at West Dean

Christmastime at West Dean, 15 – 16 December

West Dean Gardens, Near Chichester, West Sussex, PO18 0RX. www.westdean.org.uk

This December (15 – 16) the award winning walled gardens and glasshouses at West Dean will be transformed by magical elves into an enchanting setting for children to meet Father Christmas. Children can write letters to Father Christmas and post them at the special Christmastime post office, ride on one of 50 beautifully painted horses aboard a traditional carousel and glide around a family ice rink complete with snow machine! A professional photographer will be on hand to capture the moment your child meets Father Christmas if you wish.

Grown-ups can treat themselves to a warming glass of mulled wine or spiced apple drink, enjoy roasted chestnuts whilst listening to the seasonal sounds of a brass band and choir. For those with last minute Christmas shopping to do, browse the Gardens Shop for some unusual gift ideas or enjoy a festive meal in the Gardens Restaurant.

Pre-booking is essential to guarantee meeting Father Christmas in his Grotto. For more information or to book online to secure 'early bird' rate until 30 November at www.westdean.org.uk/christmastime Adult (£8) Child (£5 including present) Family (2 + 2, £20) or pay full price on the gate or online from 1 December Adult (£9.50) Child (£6) Family (2 + 2) £25 Adults: Friends of West Dean FREE

Christmastime at West Dean is part of Winter Wonderland (1 November – 23 December) a new seasonal programme of events, one day courses, creative weekend, shopping, food and entertainment to celebrate the festive season. For more information please visit www.westdean.org.uk/WinterWonderland

The Chichester College

Christmas Fayre

Wednesday 5th December 10am - 4pm

Looking for Christmas Gifts? ...for that special something?

- Craft stalls brimming with handmade goodies
- Festive music, food & drink
- Mini hair & beauty pampering
- Visit Santa in his grotto (11am- 3pm)
- Family craft activities, demos and more!

FREE ENTRY Everyone welcome!

Join the festive fun in reception and Coasters....

Chichester College, Westgate Fields, Chichester, West Sussex, PO19 1SB tel 01243 786321 web www.chichester.ac.uk

Chichester college

Christmas

with

from £12.95

India Gate

India Gate Merston A259 Bognor Road, Merston, West [illegible] PO21 EH

Tel: 01243 783576 / 773242

Christmas Bookings now being taken

Set Menu

Papadom and Chutney

Any One Starter

Onion Bhaji
Sliced onions mixed with carom seeds, coriander and gram flour

Samosa
Vegetable or meat

Tigar Prawn Puree
Tigar prawns cooked with spice and herbs, served on thin fried bread

Chicken or Lamb Tikka
Diced chicken or lamb marinated and bar-be-qued over charcoal

Mixed Platter (for two)
Onion bhaji, chicken tikka, samosa and sheek kabab

Any One Main Dish

Turkey Tikka
Diced turkey marinated and bar-be-qued over charcoal

Chicken or Lamb Massala
Tender chicken or lamb cooked in a clay oven, coated in a tandoori sauce of herbs, spice and cream

Chicken or Lamb Jalfrezi
Chicken or lamb pieces cooked with green peppers, fresh green chillies and onions in a thick tasty sauce

Prawn Bhuna
Prawns cooked in tomatoes, onions and peppers

Any One Side Dish

Saag Aloo
Spinach cooked with potatoes and coriander

Bombay Aloo
Pointoe cooked in spice

Niramish
Variety of vegetables with spices, fairly dry

Mushroom Bhaji
Fresh mushrooms cooked in spices and herbs

Pilau Rice, Plain Rice or any Nan Bread

Coffee or ice cream

- Private function room
- Free car parking

SPECIAL OFFERS:

Happy hour from 5-6pm Buy 1 curry get 1 free

Banquet Night every Tuesday
Any starter, any main, any side dish, any rice or naan all for
just £12.95

Cannot be used in conjunction with any other offer.

What's on this Winter...
19 NOVEMBER TO 29 NOVEMBER

26 November to 6 December
RENEW's second hand book sale
Date Friday 30 November
Place Assembly Rooms Chichester
More information **www.cfc.org.uk**

Art Exhibition at Eames Farm
Date Friday 30 November
Place. The Stables Meeting Room, Eames Farm, Thorney Road Thorney Island PO10 8DE Free parking
Time. 10am – 4pm
Price. Free entry, refreshments available
More information **www.conservancy.co.uk**

Indoor car boot sale
Date Saturday 1 December
Place. The Grange Centre Midhurst
Time. 10am – 1pm
More information 01730 816841 **www.thegrange.org.uk**

Bird watching walk on Thorney
Date Saturday 1 December
Place meet at The Stables Meeting Room, Eames Farm Thorney Road, Thorney Island PO10 8DE Free parking
Time. 10am, will last two hours
Price £3 on the day
More information **www.conservancy.co.uk**

Magnum Antiques Fair
Date Sunday 2 December
Place. The Grange Midhurst
Time 9.30am – 4pm
More information 01730 816841 **www.thegrange.org.uk**

Tree dressing
Date Sunday 2 December
Place. Weald and Downland Open Air Museum
Time 12.30pm – 4pm
More information 01243 811348 **www.wealddown.co.uk**

Bird watching by boat
Places are limited and must be pre-booked.
Date Sunday 2 December
Place Departs from Itchenor
Time Departs 10am, lasts one and a half hours
Price £8.50 per person
More information 01243 513275 **www.conservancy.co.uk**

Laurent Danchin on Dubuffet
Date Thursday 6 December
Place Pallant House Gallery
Time 6pm
Price talk and wine £12 (Friends £10.50) talk only £8.50 (Friends £7 students £7.50)
More information **www.pallant.org.uk**

Tour highlights of the collection
Join museum staff as they introduce visitors to the collections and tour the exhibition galleries. Highlighting different artefacts on display every week, visitors discover the stories that bring them to life! Suitable for adults and older children
Date Thursday 1 November to Saturday 29 December (weekly on Wednesday and Saturday, excluding Boxing Day)
Place. The Novium, Tower Street, Chichester
Time. 11am – 11.20am
Price Free with admission charge
More information 01243 775888 **www.thenovium.org**

Winter wonderland at West Dean
Starts 1 November 2012, Ends 23 December 2012
More information **www.westdean.org.uk**

Effervescence 2012
Starts 1 November 2012, Ends 13 January 2013
Place West Dean Gallery
Time 11am 4pm
When Every day 1 November-23 December 2012, and Wednesday to Saturday 4-13 January 2013
Price Free admission and car parking
More information **www.westdean.org.uk**

Learn a skill and make a gift for Christmas
Starts 8 November 2012, Ends. 14 December 2012
For more information on Learn a skill Make a gift days visit **www.westdean.org.uk/CollegeChannel/ShortCourses/LearnaSkillMakeAGift.aspx**

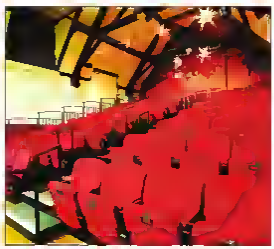
Handling table
Get up close to real and replica artefacts that relate to the exhibition themes in the galleries.
Date Saturday 10 November to Saturday 22 December (fortnightly on Saturday)
Place The Novium, Tower Street, Chichester
Time 10.30am – 12noon
Price Free with museum admission
More information 01243 775888 **www.thenovium.org**

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Sat 1 Dec
- 13.00 The Kid on a Bike (12A) 87m
- 15.00 The Garden of the Finzi-Contins (12A) 90m
- 17.00 O Thou Transcendent Vaughan Williams 148m
- 20.00 Outside Bet (12A) 103m

Sun 2 Dec
13.00 O Thou Transcendent
16.00 The Giants (15) 85m
17.45 Little Nicolas (PG) 91m
19.45 Free Men (12A) 99m

Mon 3 Dec
- 16.15 Las Acacias (12A) 85m
- 18.00 Nicky's Family (PG) 96m



- 20.00 Le Havre (PG) 93m

Tue 4 Dec
- 13.00 Free Men
- 15.15 The Woman in the Fifth (15) 85m
- 17.00 The Kid on a Bike

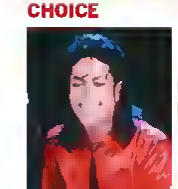
Wed 5 Dec
- 16.45 Le Havre
- 18.45 To Dance Like a Man (U) 58m
- 20.00 Wild Bill (15) 95m

Thu 6 Dec
- 13.00 Outside Bet
- 15.15 Nicky's Family
- 17.15 Once Upon a Time in Anatolia (15) 157m
- 20.15 The Giants

SATURDAY'S TV 1.12.12

Listings supplied by Press Association

CHOICE



Michael Jackson

Michael Jackson: Bad 25
BBC2, 9 45pm

It's hard to believe that it's over three years ago already that the King of Pop Michael Jackson passed away. It's even harder to believe that it's a quarter of a century since he released his seminal album Bad, which spawned five consecutive US number one singles. As a celebration of this latter milestone, Spike Lee directs this insightful documentary which examines the album and its impact. He speaks to those involved in the creation of the album as well as celebrity fans including Martin Scorsese, Walter Yetnikoff and Kanye West.

BBC1

6 00 Breakfast. 10 00 Saturday Kitchen Live. 11 50 Baking Made Easy (R). 12 00 BBC News. Regional News. Weather. 12 15 Football Focus. 1 00 Live Snooker: UK Championship. 2 00 Live International Rugby Union. 4 30 Final Score. 5 10 BBC News. Weather. 5 30 A Question of Sport.

6 00 **Pointless Celebrities** Ulrika Jonsson, Rowland Rivron, David Hamilton, Tony Gbedemah, Austin Healey, Scot Grinnell, Tim Vine and Karen Taylor take part in the unorthodox general knowledge quiz.

6 50 **Strictly Come Dancing** The 14 male and female celebrities take another step closer to lifting the glitterball trophy. Bruce Forsyth and Tess Daly present, with Len Goodman and his panel passing comment. The results are tomorrow at 7 20pm.

8 00 **Merlin** The warlock tries to break Morgana's hold over the Dragon.

8 45 **The National Lottery: Saturday Night Draws** John Partridge reveals the all-important winning numbers.

9 00 **Casualty** A mother with Down's syndrome is accused of poor parenting. Dylan's suspicions about Amanda deepen and Tom is confronted by an unwelcome face from the past.

9 00 **Live at the Apollo** With Kevin Bridges, Phil Jupitus and Sam Faeces.

10 15 BBC News. Weather.

10 30 **Match of the Day** Including Manchester City v Everton, National Lottery Update.

12 05 The Football League Show.

12 45 Film. Westworld (1973).

2 10 Weatherview. 2 15 BBC News.

BBC2

9 00 Cbeebies. 12 00 Coast (R). 12 55 Animal Park (R). 1 00 Film: The Gay Divorcee (1934) Musical comedy starring Fred Astaire and Ginger Rogers. 2 45 Film: Housegirl. (1957) Comedy starring Sandra and Phil Harman. 4.30 Live Snooker: UK Championship. The opening day of the ranking tournament at the Barbican Centre in York. 5.30 Flog It! (R).

6.30 **Great British Food Revival** Gary Rhodes makes the medieval dish pottage as he champ-ons runner and broad beans while Aiden McEvedy shows there is more to eats than porridge. Last in the series.

7.30 **Dad's Army** A secret weapon goes haywire and threatens Walmington-on-Sea so Mainwaring and his platoon speed to the rescue in Corporal Jones's van. (R)

8 00 **Attenborough: 60 Years in the Wild** David Attenborough reflects on environmental changes among the film-making, career and the revolution in attitudes towards nature. Last in the series. (R)

8.30 **Qi XL** Stephen Fry hosts an extended version of the quiz with a difference, featuring Jimmy Carr, Ross Noble, Bill Bailey and Alan Davies answering questions on the theme of jumpers.

9 45 **Michael Jackson: Bad 25** Spike Lee's documentary assessing and celebrating Michael Jackson's 1987 album Bad, featuring interviews with Martin Scorsese, Kanye West and Sheryl Crow.

12 00 Snooker: UK Championship.

12 00 Snooker Extra. 2 50 Close.

ITV1

9 00 ITV: Rahar and the Adventures of Rahan. 9 10 Rahar and the Adventures of Rahan. 9 20 Rahan and the Adventures of Rahan. 9 30 Rahar and the Adventures of Rahan. (R) 9 35 Signed Stones. (R) 9.45 Cavemals. (R) 9 55 Cavemals. (R) 7 00 Mart Hatter Chronicles. 7 25 Almost Naked Animals. (R) 7 55 Almost Naked Animals. (R) 7 58 Almost Naked Animals. (R) 8 00 Big Time Rush. 8 30 Good Luck Charlie. 8 55 Good Luck Charlie. 9 25 There's No Taste Like Home. (R) 10 20 Film: Carry On Cruising. (1962) 12 00 ITV News. Weather. 12 15 Live FA Cup: Football. 3 00 Newsround Jack. (R) 3 30 The X Factor. (R) 5 00 The Nations Favourite Number 1 Single. (R)

8 00 **Regional Programme News**

8 45 **ITV News** Weather.

7 00 **Coronation Street** Home-long episode. Tommy struggles to cope with Tina's pregnancy.

9 00 **The X Factor Results** The acts find out who has made it through to the final.

9 00 **Steppin' Out with Katherine Jenkins** Katherine's show featuring the classical singer and star guests including the Overtones and Only Boys Aloud. Actor Mark Benton takes on the role of master of ceremonies.

10 15 ITV News. Weather.

10 30 **FA Cup Highlights** Action from the second round matches.

11 30 **Premiership Rugby Union** Action from the 10th round of fixtures.

12 25 Grimefighters. (R) 12 55 The Share ITV News Headlines. 2.56 Motorsport UK. 3 45 ITV Nightscreen. 5 30 ITV Morning News.

CHANNEL 4

6 05 Sail Mail. (R) 8 10 The Hoobs. (R) 8 35 The Hooks. (R) 7 00 Beach Volleyball. (R) 7 55 The Morning Line. 9 55 74 Tractor. (R) 9 25 14 Tractor. (R) 10 00 74 Made in Chelsea. 11 05 14 Subsurgatory. 11 45 14 The Big Bang Theory. (R) 12 15 14 The Big Bang Theory. (R) 12 00 14 The Big Bang Theory. (R) 1 20 14 The Simpsons. (R) 1 55 Channel 4 Racing. 3 55 The Simpsons. (R) 4.20 Celebrity Come Dine with Me: Ireland. 5 55 Celebrity Come Dine with Me: Ireland. 6 25 Celebrity Come Dine with Me: Ireland.

8 25 **Celebrity Come Dine with Me: Ireland** Former rugby union player Shane Byrne hosts the final dinner party.

9 55 **Channel 4 News**

7 25 **4thought tv.**

7 30 **Heston's Fantastical Food** Heston Blumenthal opens a Willy Wonka-inspired sweet shop, recreating some of the nation's favourite confectionery on a massive scale. (R)

8 30 **Stephen Fry: Gadget Man** Technology that makes shopping and cooking easier and more enjoyable. (R)

9 00 **Film: Star Trek** (2009) The first mission of the starship Enterprise leads the crew into a battle against a vengeful Romulan captain from the future. Adventure starring Chris Pine.

11 25 **Film: The X Files: I Want to Believe** (2008) Sci-fi thriller sequel, starring David Duchovny and Gillian Anderson.

1.25 Film. Steel Magnolias (1989) 3.25 Hollyoaks. 3 30 Countdown. (R)

CHANNEL 5

6 00 Milkshake! 10 00 Power Rangers: Super Samurai. 10 30 Thunderbirds. 11 00 The Gadget Show. (R) 11 55 Cowboy Builders. (R) 12 55 Film: Superman. (1978) Comic-strip adventure, starring Christopher Reeve. 5 35 Film: The Christmas Gift. (1986) Drama, starring John Denver. 5 20 Film: The First Christmas. (2009) Family drama, starring Jake Weber.

7 10 **Film: Catwoman** (2004) A murdered graphic designer returns to life as a wily avenger with the strength and agility of a cat. Supernatural adventure starring Halle Berry, Sharon Stone and Benjamin Bratt.

8 55 5 News Weekend.

9 00 **Live International Boxing** Tyson Fury v Kevin Johnson. Coverage of the heavyweight bout staged at the Odyssey Arena in Belfast, where both men will hope a victory leads to a world title shot.

11 00 **BAMMA 11: Alex Reid Returns** Alex Reid v Sam Sexton and Jack Marshman v Xavier Foupa-Pokam. Action from the mixed martial arts event staged at the National Indoor Arena in Birmingham.

12 15 SuperCasino: Live interactive gaming. 4 05 Michaela's Wild Challenge. Jumping off the Auckland Sky Tower. (R) 4 25 Great Artists: The life and legacy of Albrecht Dürer. (R) 4 50 Celebrity Secrets: Historical spotlight on scenic contests in the UK. (R) 5 05 Hana's Helpline: Myrtle the turtle receives help in learning to commune. (R) 5 15 The Milkshake! Show: Kem goes rollerskating. (R) 5 40 Thomas & Friends: Duncan's struggles because of snow. (R) 5 50 Roary the Racing Car. (R)

DIGITAL

BBC Three

7 00 International Rugby Union. 8 00 Top Gear. 9 00 Russell Howard's Good News. Extra. 9 45 Film: Pretty Woman. (1990) 11 40 Family Guy.

BBC Four

7 00 Metalworks! The Blacksmith's Tale. 8 00 Horizon: Why Can't We Predict Earthquakes? 9 00 The Kill. (3) 11 00 More Did Jews Telling Jokes. 11 30 Top of the Pops: 1977.

ITV2

4 15 I'm a Celebrity: Get Me Out of Here! 5 45 I Am: Cinderella. (2004) 7 25 I Am: Rattenes Net Inelnded. (1987) 9 30 The Xtra Factor. 10 30 I'm a Celebrity: Get Me Out of Here Now! 11 30 Take Me Out – The Gossip.

ITV3

3 00 I Am: Carry On Cruising. (1962) 5 30 Agatha Christie's Marple. 7 00 Rosemary & Thyme. 9 00 Foyle's War. 10 50 Bomb Girls. 11 05 Undies in the Bath.

ITV4

12 50 Live Darts: The PDC Players Championship: Finals. 5 10 England's Greatest Tournament Games. 6 10 Cheers: Coach goes on a date. 6 45 Live Darts: The PDC Players Championship: Finals. 11.30 Hamish & Andy's Euro Gay Year.

E4

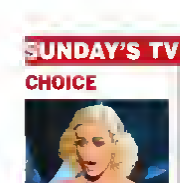
5 30 How I Met Your Mother. 8 30 The Big Bang Theory. 9 00 Rules of Engagement. 9 30 Derren Brown: The Gameshow. 10 05 I Am: Scary Movie (2000). 11 55 The Big Bang Theory.

I Am:

3.45 True Grit (1969) 6 20 The Knot for Red October (1990). 9 00 Crash (2004) Oscar-winning drama starring Matt Dillon and Sandra Bullock. 11 15 The Omen (2006).

SUNDAY'S TV 2.12.12

CHOICE



Katherine Jenkins

Steppin' Out with Katherine Jenkins
ITV1, 9pm

We're told this special one-off featuring the Welsh mezzo-soprano is going to be a showcase of spectacular song and dance routines in an evening of glitz and glamour. Apparently its producers are stopping at nothing to recreate the old style, 1940s Hollywood look, with a series of guests they hope will be able to emulate the era. Among those taking part are award-winning quartet Il Divo, girl band Stooshe, Britain's Got Talent finalists Only Boys Aloud and former Strictly Come Dancing champion Tom Chambers.

BBC1

8 00 Breakfast. 7 30 Match of the Day. (R) 8 00 The Andrew Marr Show. 10 00 Fern Britton Meets John Bishop. 11 00 Sunday Politics. Weather for the Week Ahead. 12 30 Countryfile. (R) 1 00 Bargain Hunt. 2 00 Homes Under the Hammer. (R) 3 00 Escape to the Country. (R) 3 45 Call the Midwife. (R) 4 45 Songs of Praise. 5 20 Nigel Slater's Dish of the Day. (R) 5 50 BBC News. Regional News. Weather.

6 20 **Countryfile** Matt Baker and Ellie Harrison explore the South Downs, discovering how the countryside inspired author Jane Austen and naturalist Gilbert White.

7 30 **Strictly Come Dancing: The Results** Another couple perform their last dance and it's sad.

8.00 **Antiques Roadshow** The experts visit Aberystwyth in west Wales, where finds include a painting that may be by an important Welsh artist, a kimono with a long history and items of Poole Pottery.

9.00 **The Secret of Crickley Hall** Eve receives information about her missing son. Last in the series.

10 00 BBC News. Regional News. Weather.

10 25 **Match of the Day 2** Highlights of Norwich City v Sunderland.

11 15 **The Graham Norton Show** With Jake Gyllenhaal, Joan Rivers, Jeremy Clarkson and James May. (R)

12 00 The Sky at Night. 12.29 Film: The Two Mr Kissels. (2008) 1 45 Weatherview. 1 50 Sign Zone: Film 2012. (R) 2 20 Holby City. (R) 5 20 Operation Ivanhoe. (R) 6.20 BBC News.

BBC2

5 00 Cbeebies. 10 00 Saturday Kitchen Best Bites. 11 50 The Great British Bake Off: Masterclass. (R) 12 50 International Rugby Union. 1 30 Live Snooker: UK Championship. 5 30 Flog It! (R).

6 30 **Family Tavern** The death of a great leader is all manner of mayhem as Basil tries to conceal the corpse from the hotel's other occupants. Guest starring Geoffrey Palmer. (R)

7 00 **Best of Top Gear.** Further highlights from the show's 17th and 18th series, in which Jeremy Clarkson, Richard Hammond and James May get rig to move motoring mischief. (R)

8 00 **Return to Forgotten Britain** Part two of two. Fergal Keane revisits communities in Glasgow and Leeds, where he finds out how the areas and their residents have fared in the past 12 years.

9 00 **Dragons' Den** Ideas and innovations include frozen cocktails, a safety product for babies, a device to stop tights falling down and an inflatable Christmas tree. Last in the series.

10 00 **Harry & Paul** Highlights from the third series. Last in the series.

10 30 **Never Mind the Buzzcocks** With host Alex Horne and guests Lucie Smith and Paloma Faith. (R)

11 00 **I've Never Seen Star Wars...** Jo Brand invites Stephen Fry to sample new editions. (R)

11 30 **Snooker: UK Championship** First round highlights on day two in York.

12 30 Snooker Extra. 2 20 BBC News. 4.00 Close.

ITV1

6 00 CITV: Engie Benjy. 6 10 Rahar and the Adventures of Rahan. (R) 6.25 Rahan and the Adventures of Rahan. (R) 6 35 Signed Stones. (R) 6.45 Cavemals. (R) 6 55 Cavemals. (R) 7 00 Mart Hatter Chronicles. 7 25 Almost Naked Animals. (R) 7 55 Almost Naked Animals. (R) 7 58 Almost Naked Animals. (R) 8 00 Big Time Rush. 8 30 Good Luck Charlie. 8 55 Good Luck Charlie. 9 25 There's No Taste Like Home. (R) 10 20 Film: Carry On Cruising. (1962) 12 00 ITV News. Weather. 12 15 Live FA Cup: Football. 3 00 Newsround Jack. (R) 3 30 The X Factor. (R) 5 00 The Nations Favourite Number 1 Single. (R)

8 00 **Regional Programme News**

8 45 **ITV News** Weather.

7 00 **Coronation Street** Home-long episode. Tommy struggles to cope with Tina's pregnancy.

9 00 **The X Factor Results** The acts find out who has made it through to the final.

9 00 **Steppin' Out with Katherine Jenkins** Katherine's show featuring the classical singer and star guests including the Overtones and Only Boys Aloud. Actor Mark Benton takes on the role of master of ceremonies.

10 15 ITV News. Weather.

10 30 **FA Cup Highlights** Action from the second round matches.

11 30 **Premiership Rugby Union** Action from the 10th round of fixtures.

12 25 Grimefighters. (R) 12 55 The Share ITV News Headlines. 2.56 Motorsport UK. 3 45 ITV Nightscreen. 5 30 ITV Morning News.

CHANNEL 4

6 15 The Hoobs. (R) 8 40 The Hooks. (R) 7.05 Sailing: America's Cup Uncovered. (R) 7 35 Ultra Trail du Mont-Blanc. 8 15 Will & Grace. (R) 8 30 Frisky Dingo. (R) 9 00 Frasier. (R) 9 30 Sunday Brunch. 12 00 The Big Bang Theory. (R) 12 25 The Big Bang Theory. (R) 1 00 The Simpsons. (R) 1 30 Hughes Good Things. 2 05 Hughes Good Things. 2 35 Hughes Good Things. 3 00 Hughes Good Things. 3 35 Hughes Good Things. 4 10 Dead or Alive. 5 15 Film: Miracle on 34th Street. (1994)

7.20 **Channel 4 News**

7 50 **4thought tv.**

7 55 **The Political Slot**

8.00 **Alien Investigations** Documentary examining alleged alien sightings from the past five years, carrying out thorough analysis of the body of a supposed extraterrestrial infant found in Mexico.

9 00 **Homeland** Brody makes an important phone call. Saul teams up with Virgil and Max to dig out information on one of their own, and Carrie prepares for a vital breakfast meeting.

10 00 **Peep Show** Mark's book Business Secrets of the Rhinoranks is accepted by a publisher.

10 30 **British Comedy Awards Nominations Show 2012.** A look ahead to this year's ceremony.

11.35 **Rude Tube: Rude Zoo** A selection of the internet's funniest animal clips. (R)

12.30 Fish 'n' Ice Trouble. 1 00 American Football: Live. 4 45 Grudge Match. (R) 4 55 Countdown. (R)

CHANNEL 5

6 00 Peppa Pig. (R) 8 00 Roary the Racing Car. (R) 8 15 Fifi and the Flowertots. (R) 8 25 Bert and Ernie's Great Adventures. (R) 8 30 The Mr Men Show. (R) 8.45 Clive the Ostrich. 8 50 Alfie's Flying Fairy School. (R) 7 00 Beebarb and Custard Top. (R) 7 30 Nanette in Pyjamas. (R) 7 25 Animal Antics. (R) 7 25 Noddy in Toyland. (R) 7 40 City of Friends. (R) 7 50 Little Princess. (R) 8 05 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) 8 15 Mio Mao. (R) 8 25 Angelina Ballerina. 8.40 Rupert Bear. (R) 8 55 Ben and Holly's Little Kingdom. (R) 9 10 Casper Farm. (R) 9 15 Toby's Travelling Circus. (R) 9 50 Roary the Racing Car. (R) 9 45 Jelly Jamm. (R) 10 00 Power Rangers: Super Samurai. 10.25 Thunderbirds. 11 10 Guinness Food in Minutes. (R) 11 25 The Singing Finn. 11 50 Rolf's Animal Clinic. (R) 12.15 Film: Let to Christmas. (2006) 2 40 Film: Jack Frost. (1998) 4.35 5 News Weekend. 4.40 Film: Rush Hour 2. (2001)

9 30 **Film: Superman II** (1980) The Man of Steel returns to raise on a trio of super-powered fellow villains from his home planet of Krypton. Comic-strip adventure, starring Christopher Reeve and Terrance Stamp.

8 00 **Film: Wagner: I am** (1983) Action thriller sequel, starring Clint Eastwood.

11 00 **Film: Good House 2: Last Call** (2006) Action thriller sequel, starring Johnathon Schaech.

1 15 SuperCasino. 4 00 House Doctor. (R) 4 50 County Secrets. (R) 5 05 Hana's Helpline. (R) 5 15 The Milkshake! Show. (R) 5.35 Thomas & Friends. (R) 5 50 Roary the Racing Car. (R)

DIGITAL

BBC Three

7 00 Junior Doctors: Your Life in Their Hands. 8 00 Gavin & Stacey – Christmas Special. 9 00 Snow: Sex and Suspicious Parents. 10 00 Him & Her. 10 30 American Dad!. 11 15 Family Guy.

BBC Four

7 00 A Child's Christmas in Wales. 8 00 I Love Ma Do: The Beatles '62. 9 00 Why Poverty? Solar Mamas. 10 10 Film: The Big Picture. (2010) 11 50 Love Me Do: The Beatles '62.

ITV2

3 45 Take Me Out – The Gossip. 4 45 I'm a Celebrity: Get Me Out of Here! 5 45 I'm a Celebrity: Get Me Out of Here: Now! Top Trials. 6 55 Film: Kindergarten Cop. (1990) 9 00 The Xtra Factor: Results. 11.00 The Only Way Is Essex. 12 30 Film: 2 Last 2 Furious. (2003)

ITV3

2.20 A Touch of Frost. 4 35 Wycliffe. 5 45 The Return of Sherlock Holmes. 8 00 Wycliffe. 9 00 Midsomer Murders. 11 00 Ghostbusters.

ITV4

12 30 Live Darts: The PDC Players Championship: Finals. 5.15 20 Football Transfers That Shocked the World. 6.15 Cheers. 6.45 Live Darts: The PDC Players Championship: Finals. 11 30 I Am: The Thing (1982) Sci-fi horror remake starring Kurt Russell.

E4

3.35 New Girl. 8 00 The Big Bang Theory. 8 00 Film: Scooby-Doo. (2002) 10 00 Mr Skits. 11 00 2 Broke Girls. 11 00 The Big Bang Theory.

I Am:

3 00 The Muppet Christmas Carol. (1992) 6 45 Rooster Cogburn. (1975) 8 55 The Pinnators. (1995) 10 00 Seven Psychopaths. 11 10 The Taking of Pelham 123. (2009) 11 10 Pushing Tin. (1999)

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather 12.15 Bargain Hunt. (R) 1.00 BBC News Weather 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Inside Out. BBC News. Regional News. 8.00 EastEnders. 8.30 How Safe is You Hospital? – Panorama. 9.00 New Tricks. The team probes the mystery of a missing scientist. (R) 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got a Bit More News for You. 11.20 Film Duplex. (2003) Comedy starring Drew Barrymore and Ben Stiller. 12.40 Weatherwise. 12.45 Sign Zone. Richard Hammond's Miracles of Nature. (R) 1.45 Operation Iceberg. (R) 2.45 Paul Martin's Handmade Revolution. (R) 3.30 Great British Food Revival. (R) 4.30 BBC News

BBC2 6.00 Cbeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. UK Championship. Two first-round matches from York. 8.00 Eggheads. 8.30 Strictly Come Dancing – It Takes Two. 9.00 Rick Stein's Christmas Odyssey. 9.00 University Challenge: The University of Warwick takes on King's College Cambridge. 9.30 MasterChef: The Professionals. The semi-finals begin. 8.00 Inside Claridges. 10.00 Horizon: Mind the Gap. 10.30 Newsnight. Weather 11.20 Snooker UK Championship. 12.10 Dragons' Den. (R) 1.10 Snooker Extra. 3.10 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.55 Regional News Weather. 4.00 Britains Best Bakery. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 UEFA Champions League Live Coverage of a matchday six fixture (Kick-off 7.45pm). 10.00 ITV News at Ten, Weather. 10.30 Regional News Weather. 10.35 UEFA Champions League Live Extra. Highlights of the matchday six fixtures. 11.35 Take Me Out. (R) 1.45 Jackpot247. ITV News Headlines. 3.00 Loose Women. (R) 3.50 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.25 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.45 Film. The Enemy Below (1957) Second World War thriller starring Robert Mitchum and Curt Jurgens. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James' 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Afterthought. 8.00 Sarah Beeny's Selling House. 9.00 Grand Designs. 10.00 The Fear. 11.05 Carpool. The Sex Glow. 11.35 Film. Hostage Hotel (2000) Thriller starring Eric Roberts. 1.10 Fantastical Food. 10.00 The Fear. 11.05 Homeland. (R) 12.10 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Sally Jenkins' Cup Cake Carnival. 2.05 Extreme Sailing Series. 2.35 Beach Volleyball. 3.30 Ultra Trail du Mont Blanc. (R) 3.55 Best of British Girl Racers. (R) 4.50 Freesports on 4. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Love's Christmas Journey. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Highland Emergency. (R) 7.30 Highland Emergency. A climber and a diver are rescued. (R) 8.00 5 News Update. 8.05 Murder Files. The Hatmut Killer; 5 News at 9. 9.00 Body of Proof. 10.00 CSI: NY. (R) 10.55 CSI: NY. (R) 11.50 CSI: Crime Scene Investigation. (R) 12.50 Highland Emergency. (R) 1.15 SuperCasino. 3.55 Nick's Quest. (R) 4.20 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Last Tango in Halifax. Celia and Alan get trapped in a spooky mansion. 10.00 BBC News. 10.25 Regional News Weather. Hospital Lottery Update. 10.35 Imagine. Jeanette Winterson – My Monster and Me. 11.55 Film. Transsiberian. (2008) Thriller starring Woody Harrelson. 1.45 Weatherwise. 1.45 Sign Zone. Vikings. (R) 2.45 Pauline Shop Wars. (R) 3.45 Paul Martin's Handmade Revolution. (R) 4.30 BBC News.

BBC2 6.00 Cbeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. UK Championship. Coverage of the opening last 16 matches. 8.00 Eggheads. 8.30 Strictly Come Dancing – It Takes Two. 9.00 Rick Stein's Spanish Christmas. (R) 8.00 MasterChef: The Professionals. Two semi-final ties work a shift at the Rotherhithe Hotel and Restaurant. 8.00 Dan O Briain's Science Club. 10.00 The Sarah Millican Television Programme. (R) 10.30 Newsnight. Weather. 11.20 Snooker UK Championship. 12.10 Inside Claridges. (R) 1.10 Snooker Extra. 3.10 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.55 Regional News Weather. 4.00 Britains Best Bakery. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 UEFA Champions League Live Coverage of a matchday six fixture (Kick-off 7.45pm). 10.00 ITV News at Ten, Weather. 10.30 Regional News Weather. 10.35 UEFA Champions League Live Extra. Highlights of the matchday six fixtures. 11.35 Take Me Out. (R) 1.45 Jackpot247. ITV News Headlines. 3.00 Loose Women. (R) 3.50 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.25 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.45 Film. The Enemy Below (1957) Second World War thriller starring Robert Mitchum and Curt Jurgens. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James' 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Afterthought. 8.00 Sarah Beeny's Selling House. 9.00 Grand Designs. 10.00 The Fear. 11.05 Carpool. The Sex Glow. 11.35 Film. Hostage Hotel (2000) Thriller starring Eric Roberts. 1.10 Fantastical Food. 10.00 The Fear. 11.05 Homeland. (R) 12.10 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Sally Jenkins' Cup Cake Carnival. 2.05 Extreme Sailing Series. 2.35 Beach Volleyball. 3.30 Ultra Trail du Mont Blanc. (R) 3.55 Best of British Girl Racers. (R) 4.50 Freesports on 4. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Love's Christmas Journey. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Highland Emergency. (R) 7.30 Highland Emergency. A climber and a diver are rescued. (R) 8.00 5 News Update. 8.05 Murder Files. The Hatmut Killer; 5 News at 9. 9.00 Body of Proof. 10.00 CSI: NY. (R) 10.55 CSI: NY. (R) 11.50 CSI: Crime Scene Investigation. (R) 12.50 Highland Emergency. (R) 1.15 SuperCasino. 3.55 Nick's Quest. (R) 4.20 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 BBC News. Regional News. 8.00 Supersized Earth. 8.30 The War on Britain's Roads. 10.00 BBC News. 10.25 Regional News Weather. 10.35 The National Lottery Wednesday Night Draws. 10.45 Would I Lie to You? (R) 11.15 Film. 2012. National Lottery Update. 11.45 Film. The Daisy Chain. (2008) 1.10 Weatherwise. 1.15 Sign Zone. See Hear. (R) 1.45 Ian Hislop's Not Upset Up – An Emotional History of Britain. (R) 2.45 Great British Food Revival. (R) 3.45 Paul Martin's Handmade Revolution. (R) 4.30 BBC News.

BBC2 6.00 Cbeebies. 11.00 See Hear. 11.30 Love Autumn Statement. 3.30 Live Snooker. UK Championship. 6.00 Eggheads. 8.30 Strictly Come Dancing – It Takes Two. 7.00 Rick Stein's Cornish Christmas. (R) 8.00 MasterChef: The Professionals. 9.00 The Hour. 10.00 Best of the Culture Show. 10.30 Newsnight. Weather. 11.20 Snooker. UK Championship. 12.10 Great Continental Railway Journeys. (R) 1.10 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.55 Regional News Weather. 4.00 Britains Best Bakery. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 I'm a Celebrity Get Me Out of Here! Coming Out. 9.00 The Town. 10.00 ITV News at Ten, Weather. 10.30 Regional News Weather. 10.35 Film. Inside Man. (2006) Thriller starring Denzel Washington. 12.55 Jackpot247. ITV News Headlines. 1.00 Film. Hannibal Rising. Hunter Can Be Hazardous to Your Health. (1991) Crime drama starring Peter Falk. 4.35 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.25 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.45 Film. The Enemy Below (1957) Second World War thriller starring Robert Mitchum and Curt Jurgens. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James' 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Afterthought. 8.00 Sarah Beeny's Selling House. 9.00 Grand Designs. 10.00 The Fear. 11.05 Carpool. The Sex Glow. 11.35 Film. Hostage Hotel (2000) Thriller starring Eric Roberts. 1.10 Fantastical Food. 10.00 The Fear. 11.05 Homeland. (R) 12.10 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Sally Jenkins' Cup Cake Carnival. 2.05 Extreme Sailing Series. 2.35 Beach Volleyball. 3.30 Ultra Trail du Mont Blanc. (R) 3.55 Best of British Girl Racers. (R) 4.50 Freesports on 4. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Stark. (R) 3.15 Film. Farewell Mr Kringle. (2010) Christmas drama, with Christina Taylor. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 World's Strongest Man 2012. Qualifiers. (R) 5 News Update. 8.00 Mysteries of the Somalia Triangle. 5 News at 9. 9.00 Chris Tarrant: Extreme Railways. 10.00 Film: Untraceable. (2008) Horror starring Diane Lane. 12.05 World's Craziest Police Pursuits. 2. (R) 1.00 SuperCasino. 3.30 Nick's Quest. (R) 4.25 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Young Apprentices. 9.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News Weather. 10.35 Celebrity Mastermind. 11.35 This Week. 12.20 Skiing Weatherwise. 12.25 Sign Zone. How Safe is Your Hospital? – Panorama. (R) 12.55 Geun ryike. (R) 1.55 Planet Earth Live. An Elephant's Tale. (R) 2.55 Antiques Roadshow. (R) 3.55 BBC News.

BBC2 6.00 Cbeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. UK Championship. The opening two quarter-finals at the Barbican Centre in York. 5.00 Eggheads. 8.30 Strictly Come Dancing – It Takes Two. 7.00 Live Snooker. UK Championship. The concluding two quarter-finals at the Barbican Centre in York. 8.00 MasterChef: The Professionals. 9.00 Continental Railway Journeys. 10.00 Fred Gilbert's Work Experience. 10.30 Newsnight. Weather. 11.20 Snooker. UK Championship. 12.10 Best of Dan O Sirens Science Club. (R) 1.10 Best of Culture Show. (R) 1.40 An Islahe Panah. (R) 2.10 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.55 Regional News Weather. 4.00 Britains Best Bakery. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News, Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Island Hospital. 8.30 Coronation Street. 9.00 100 Years of Harry Enfield. 10.30 ITV News Weather. 10.45 Regional News Weather. 11.10 Film. Basic Instinct. (1992) Thriller starring Sharon Stone and Michael Douglas. 1.20 The Sharp. ITV News Headlines. 2.55 Film. Columbo: A Bird in the Hand. (1992) Crime drama starring Peter Falk and Tyne Daly. 5.30 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.05 Sali Mali. (R) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 Freshly squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.25 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.45 Film. The Frogmen. (1951) Second World War thriller starring Richard Widmark. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James' 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Unexpected World. 7.55 Afterthought. 8.00 Come Dine with Me. 9.00 Peter Kay: Live at the Top of the Tower. 10.00 Our Crazy Man. 11.05 4Funnies. Brian Gittins. 11.35 Full English. (R) 12.10 British Comedy Awards. Nominations Show. 2012. (R) 1.05 The Ricky Gervais Show. 1.35 My Name is Earl. (R) 2.20 Nick's Burgers. (R) 2.45 Dirty Daze. 3.50 90210. 4.30 Deal or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film. Road to Christmas. (2006) Romantic comedy drama, starring Jennifer Grey and Chuck Cleo. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cowboy Builders. (R) 5 News Update. 8.00 North Pole Inc Airport. 5 News at 9. 9.00 The Mentalist. A security guard is found murdered in an unmarked neighbourhood. 10.00 Castle. 10.55 Law & Order: Criminal Intent. (R) 11.55 Inside Hollywood. (R) 12.00 SuperCasino. 3.55 Motorsport Mumbai. 4.25 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Nigel Slater's Diary. The Day BBC News. Regional News. 8.00 EastEnders. 8.30 Outnumbered. (R) 9.00 Have I Got News for You. 9.30 John Bishop's Big Year. 10.00 BBC News. 10.25 Regional News; Weather. 10.35 The Graham Norton Show. 11.20 The National Lottery Friday Night Draws. 11.30 Live at the Apollo. (R) 12.00 EastEnders. (R) 1.55 Weatherwise. 2.00 Sign Zone. Fake or Fortune? (R) 3.00 Question Time. (R) 4.00 BBC News.

BBC2 6.00 Cbeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. UK Championship. The opening session of the first semi-final. 5.15 Flog It. (R) 6.30 Eggheads. 8.30 Strictly Come Dancing – It Takes Two. 7.00 Live Snooker. UK Championship. The second and concluding session of the first semi-final. 8.00 Masterchef. 8.30 An Islahe Panah. 9.00 Westminster Abbey. 10.00 Qi. (R) 10.30 Newsnight. 11.00 The Book Review Show. Weather. 11.50 Snooker. UK Championship. 12.40 Film. Phantoms. (1998) Horror starring Peter O'Toole. 2.10 BBC News. 5.00 Qi. (R)

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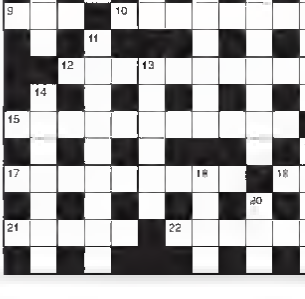

This week's crossword - Clues

Across

6 Expedite (7)
7 Exclude (5)
9 Ancient (3)
10 Make thin (9)
12 Submissive (11)
16 Counsel (11)
17 Fellowship (9)
19 Badly (3)
21 Oneness (6)
22 Exult (7)

Down

1 Cunning (6)
2 Dead (3)
3 Enthusiasm (4)
4 Subtraction (8)
5 Incomplete (7)
8 Forsake (6)
11 Ugliness (9)
15 Lengthen (6)
14 Interpret (7)
18 Lax (5)
18 Finished (4)
20 Pledge (3)

Last week's solution

ACROSS 7 EXPOSTULATION 8 SHORTENS 9 AVER 10 ANNEXE 12 FINISH 14 REPAST 16 LISTEN 18 SHOW 20 NARCOTIC 22 ENCYCLOPAEDIA

DOWN 1 EXCHANGE 2 COURSE 3 STYE 4 BLISSFUL 5 STRAIN 6 LONE 11 ENTANGLE 13 SPECIFIC 15 ALWAYS 17 STOLEN 19 HANG 21 RIPE

Food & Drink

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Comforting cottage pie

AS THE WINTER nights draw in, there are few things as enjoyable as a homemade cottage pie to warm the cockles. We all know that indulgent treats should be kept to just that: treats. But for those times that you can't resist a bit of culinary TLC, Morrisons' NuMe Executive Chef & Head of Innovation, Neil Nugent has given some top tips for taking the sin out of the nation's favourite eats.

1 - Dry fry lean minced beef. Add oil if absolutely necessary but there should be enough moisture in the mince.

2 - Fill to the brim with delicious seasonal vegetables: Swede, celery, parsnip and green lentils will all send you well on your way towards your 5 a day.

3 - Use sweet potatoes instead of standard mash to create a healthier version of the British classic.

4 - Add crème fraiche to give your mash an indulgent quality, without resorting to butter and cream. NuMe crème fraiche has 50% reduced fat.

5 - Top with the wholemeal breadcrumbs for that extra fibre and an unbeatable crunch.

More lists, better meal planning and rising expectations signal 'new fashioned values' of post-crunch shoppers

A REPORT published by Sainsbury's shows how the behaviours and expectations of British shoppers are undergoing deep and sustained change, as 'new fashioned values' emerge to balance the aspirations and demands of an increasingly sophisticated and educated consumer forced into managing squeezed budgets.

As pressures on household budgets continue, shoppers are more carefully considering the decisions they make, increasing their expectations of the goods and services they are buying. Across all price ranges, shoppers are looking for not only great value, but also quality and sustainability.

The result is the emergence of new fashioned values where the principles and behaviours of previous generations are being re-appropriated for today's world.

The research is published one year on from the launch of Sainsbury's 20x20 plan, a set of time bound commitments that places British produce, sustainable sourcing and health and wellbeing at the heart of its future plans.

Commenting on the findings, Justin King, Sainsbury's CEO, said: "Our customers are recalibrating their spending but they're not prepared to compromise their values. The credit crunch has not led to a values crunch. We're seeing people from all backgrounds re-discovering some of the shopping habits of the past to ensure they can meet the values driven aspirations of today.

"Although people have less, they actually care more. The downturn has led to a strengthening of values, irrespective of people's income. We believe this is not a passing phase but a fundamental change that is here to stay."

The New Fashioned Values report, which draws on Mintel research and the sales data of Sainsbury's 22 million customers, says 53% of people have changed their shopping habits in the last year.

Nine out of ten people (90%) now write a shopping list before they leave the home.

Nearly four out of ten people (37%) plan meals for the full week.

More than one in four of us (28%) are now taking a packed lunch into work.

At the same time, Sainsbury's has sold 5.5% more sustainably sourced food in the last 12 months. And more than £1 in every £10 spent on sustainably-labelled products come from those families on the lowest incomes.

People are also re-calibrating their spending to ensure they can still celebrate special times and enjoy moments of indulgence. While 64% of customers look out for more special deals and 22% buy more dried, tinned and frozen foods, nearly a quarter of us (22%) are indulging ourselves at home, instead of eating out. This is supported by Sainsbury's data which show that sales of fine wine increased by 20% year on year and their Taste the Difference Bistro meals increased by 52% in the same period.

One in three men are secret dieters

A NEW survey by home delivery diet brand, Diet Chef, shows 31% of men have been on a diet but, unlike women who talk openly about dieting, they have kept it quiet. It seems many men even today still see dieting as something women do.

Over 90% of the men questioned want to lose weight but, almost one in three would not divulge that they were dieting to friends or family. The results also reveal that; 14% see dieting as something only women do to control their weight, 25% wouldn't tell families and friends out of sheer embarrassment, 29% worry they would be seen as vain and others worry that family and friends will tempt them to break their diet with sugary/fatty treats (18%).

Like most women, men want to lose weight, but not so that they can look good on the beach or when they're out on the town. These days men are taking far better care of their appearance and 76% of men say they want to lose weight to boost their own self confidence with 49% also citing health reasons. Only 25% of men want to lose weight to be more attractive to others and just 12% said they want to look good when out on the town.

The average weight of the men questioned is 15st and 46% of these want to lose an average of 1-2 stones to get to their perfect weight. Strangely enough it seems the simple British habit of dunking a biscuit into tea is getting the better of them and 28% admit that they struggle to resist the urge to have a brew without a few biscuits. 15% of men cited drinking too many pints as the main reason for their increasing waistlines. One in four fell foul of comfort food such as pies and a third blamed takeaways for being their downfall.

Over a third of the men questioned (36%) admitted to being unable to control their weight because they love eating chocolate, a passion still thought to be the reserve of the fairer sex. Pies and the full English are also two things men wish they could give up but just can't seem to resist, 29% of men wish they could avoid these moreish dishes but struggle to find tasty, healthy alternatives with 26% of men admitting they can't bear to eat salads as a main meal.

Kevin Dorrou, Founder & Head Chef, comments: "In modern society men are also very concerned about their appearance. We have had a steady increase in the number of men who sign up to Diet Chef as it helps them bring a pattern of healthy eating and portion control into their lives. A lot of the men use the diet plan specifically because it is a way for them to become healthy and see steady progress whilst still enjoying complete meals and healthy snacks."

Diet Chef offers dieters the chance to lose weight at a sensible rate and affordable cost with tasty food to help keep them on track.

British men are cooking more than ever before

GONE are the days when a woman's place was deemed to be in the kitchen, British men are increasingly taking on the role of master chef in the household, according to a study from Lace by Hotpoint.

Eighty-six per cent of blokes now cook regularly, according to the poll of 2,000 British men surveyed by the new built in appliance range, Lace by Hotpoint. The average man spends eleven and a half hours cooking up a storm in the kitchen each week, preparing four meals with a repertoire of up to 12 recipes that he can prepare from scratch.

Two thirds of British men say they cook more than their dad ever did and it's not just the special occasions meals, such as Christmas dinner. 63% of culinary-savvy men now cook mid-week meals and more than a third (37%) regularly take on preparing children's meals and packed lunches.

It's not just time men are investing in the kitchen – in the past two years, men admitted to splurging on average £495 on kitchen appliances alone. Almost half (44%) would rather invest in kitchen appliances than new techy gadgets such as tablets and e-readers, while nearly a third (28%) would forgo their sports season ticket to get their hands on new kitchen equipment. Topping the average bloke's kitchen appliance wish list was a new oven (36%). He also hankers after other kitchen clobber such as better pots and pans (35%) and high quality knives (35%).

Seven in ten say their cooking has improved in the last few years, with male chefs and TV shows providing inspiration to get into the kitchen. Over half (56%) say they are new adventurous cooks, experimenting with more ingredients, recipes and techniques when compared to their partners. Among the top dishes British blokes think they master better than women are seafood & fish dishes (80%), steak (64%) and stir-fry (63%) as well as traditional favourites including bum, egg & chips (61%), sausage & mash (59%) and curry (57%).

Renowned celebrity chef, Theo Randall comments: "It's encouraging to see so many British men enjoying getting into the kitchen, experimenting with new recipes and giving different dishes a go. In my experience, men tend to aim for professional cooking results, inspired by TV cook shows. Armed the right appliances, quality ingredients a bit of enthusiasm and some practice, you'll be well on your way to creating restaurant style dishes – whether it's mid week suppers, dinner party favourites or the all-important Christmas meal."

Raff Rochira from Hotpoint comments, "Hotpoint has been around for 100 years and has witnessed the changing nature of the British kitchen. Families are now more fluid than ever and we're delighted to see so many men stepping up to the plate and taking on this role of Chief Cook. With its High Definition cooking technology the Lace collection by Hotpoint is ideal for men – providing optimum performance, sleek good looks, perfect cooking results and energy efficiency."

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Party Nights - up to 150 persons
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Christmas Day & New Years Eve Banquets
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Gift Vouchers
Christmas Banquet Menu
Starters
Pumpkin and Cranberry Soup
Game Terrine Wrapped in Prosciutto Ham, White Grape and Brandy Chutney
Almond Crusted Goats Cheese with a Beetroot and Basil Oil
Smoked Trout and Quail Egg Salad with Horseradish Dressing
Main Courses
Roast Turkey, Pigs in Blankets, Roasted Potatoes and Seasonal Vegetables, Orange and Cranberry Stuffing
Slow Cooked Shoulder of Lamb Rosemary Duchess Potatoes with Seasonal Vegetables
Asian Tuna Fish Cakes on a Glass Noodle Salad
Sweet Potato, Red Pepper and Coconut Curry with Coriander Rice
Desserts
Chocolate Pots with Salted Caramel
Christmas Pudding
Key Lime Pie
Winter Berry Pudding and Clotted Cream
Cheddar and Stilton with Real Ale Chutney and Biscuits
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Beautiful winter skin!

Denise Kelly

TELL ME a person in the world that doesn't worry about the effects of aging, whether it is a balding hairline or crows feet! This time of year is pretty tough on our delicate skins, its cold and windy outside and heated and stuffy inside. I am just starting my training for the London Marathon and knew how damaging the elements can be from recent runs in the icy wind and rain. (My dreaming of a Maldives holiday keeps me focused!) The combination of these changing temperatures is very damaging to our skin, but there are things we can do internally to prevent damage as much as humanly possible - and I don't mean needles and scalpels!

Antioxidants neutralize free radicals and prevent cellular damage from occurring. Vitamin E is one of the most powerful antioxidants, but your body can't produce it, which means you have to make sure you're getting enough of this valuable nutrient in your diet. Eating foods high in vitamin E can help prevent premature aging of your skin and damage to your DNA in the cold winter months. This doesn't mean that taking vitamins or applying topical vitamin E will allow you to safely bake in the sun or get frost bite on your cheeks, but you can help your skin stay healthier and more supple by ensuring you get enough of this antioxidant vitamin.

Most people are probably aware of how many supplements are out there these days as there are entire shops dedicated to them. However, a lot of the time you can typically get all the vitamins you need by simply eating the right foods. Vitamin E is a fat-soluble vitamin found in many nuts, fruits and vegetables. According to the recommended Daily Allowance, an adult needs 15 milligrams of vitamin E every day, and good oils/fats such as olive oil, avocado oils etc are a good place to start. Snacking on nuts, such as almonds, hazelnuts and walnuts can also help you get your daily dose of vitamin E. Almonds will give you the most value for money as an ounce of almonds gives you 40 percent of your daily vitamin E intake.

An ounce of almonds gives you 40 percent of your daily vitamin E intake

Aside from oils/fats and nuts, certain fruits and vegetables can also provide you with vitamin E. One sweet potato, for example, can give you 40 percent of your daily allowance, and a mango or an avocado can give you at least 15 percent. Apples, asparagus, turnip greens, spinach and tomatoes can help you get there as well, but you'll need more than one serving as they each account for less than 10 percent of your daily allowance.

The key to getting enough vitamin E is eating a balanced diet that includes a mixture of fruits, vegetables and nuts. Interestingly a study that I was sent just a few days ago from the USA are claiming that they have targeted more specific vegetables to combat wrinkles and aging skin, stating that consuming a high amount (3 servings or more per day) of green and yellow vegetables was associated with significant prevention and improvement of lines and wrinkles!

Well, I know what I will be eating all this week... lets see if I notice any difference!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutritious Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Look and feel your best for the festive season with

Nuffield Health Club Chichester!

Nuffield Health fitness & wellbeing

Take your own Little Black Dress challenge!

The party season is nearly upon us... office parties, social gatherings with friends and festive indulgence. We all want to look our best and will no doubt be thinking about our Health and Fitness in the New Year. So why not get started a little earlier?

Winter can also be a time when we feel sluggish, tired and de-motivated. Starting that fitness plan that's been at back of your mind for some time will enable you to deal with the stresses and strains of winter and lose a few pounds in time for Christmas!

Nuffield Health Fitness & Wellbeing Centre located in Chichester Gate offer an unrivalled selection of facilities and services. Combining great fitness facilities including fully air-conditioned gym, 20 metre heated pool, over 50 fitness classes and fully trained staff. All memberships include the Get Healthy, Get Fit, Get Rewarded Scheme which can give you over £100 worth of rewards for getting healthier and fitter!*

Nuffield Health Fitness & Wellbeing Centre Chichester Chichester Gate PO19 8EL Tel: 01243 788678. For further details about the rewards scheme see nuffieldhealth/rewards cam www.nuffieldhealth.com/chichester/

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NOVEMBER 2012	date	duration
Spirit of Christmas at Chatsworth	13 Nov	4 days
Thornford Spectacular	13/20 Nov	4 days
Bath & The Christmas Markets	23 Nov	4 days
Paris – City of Light	26 Nov	4 days
Norwegian Coastal Voyage (by Air)	30 Nov	11
DECEMBER 2012	**date**	**duration**
Austrian Christmas Markets & Munich	01 Dec	7 days
Trier, Bernkastel & Cochem Christmas Markets	02 Dec	4 days
Valkenburg, Maastricht & Aachen Christmas Markets	03 Dec	4 days
Antwerp, Brussels & Bruges Christmas Markets	07 Dec	4 days
Canaries Christmas Cruise	20 Dec	16nts
Christmas in The Austrian Tyrol	21 Dec	8 days
Christmas in Switzerland	21 Dec	8 days
Rhineland Christmas	22 Dec	6 days
Christmas in The Netherlands	23 Dec	5 days
Stratford Manor Christmas	23 Dec	5 days
Billesley Manor Christmas	23 Dec	5 days
Ansford Park Christmas	23 Dec	5 days
Devonshire Christmas	23 Dec	5 days
Lygon Arms Christmas	24 Dec	4 days
New Year at Chesford Grange	30 Dec	4 days
JANUARY 2013	**date**	**duration**
Arctic Highlights (by Air)	29 Jan	5nts
MARCH 2013	**date**	**duration**
London Theatre Break	06 March	2 days
Paris Afloat	08 March	4 days
Tyrolean Winter Wonderland	15 March	8 days
Lakes & Dales – Newcomers	18 March	5 days
Isle of Sully (by Air)	21 March	6nts
Innsbruck Easter	28 March	5 days
Heart of England Easter	26 March	5 days
Easter Trains, Trams & Waterways	29 March	5 days
APRIL 2013	**date**	**duration**
Springtime in Guernsey (by Air)	06 April	7nts
Inside the Magic Circle	14 April	7 days
Dutch Tulip River Cruise	14 April	5 days
Great Little Trains of Wales	18 April	5 days
Keukenhof & Dutch Flower Parade	19 April	4 days
Malvern Hills & Welsh Borders	21 April	5 days
Little Switzerland & Springtime in Wiesen	22 April	5 days
Tenby & Pembrokeshire	29 April	5 days
MAY 2013	**date**	**duration**
Scottish Highlands & Wester Ross	01 May	8 days
Cruising & Constable Country	04 May	5nts
Bristol & Bath Weekend	03 May	4 days
Norwegian Coastal Voyage (by Air)	11 May	11nts
Waterways of North Wales & Cheshire	12 May	5 days
County Durham	19 May	5 days
Alsace Vines & Champagne Bubbles	25 May	7 days
Wessex & Hardy Country	26 May	5 days
Bergen & The Western Fjords	27 May	11 days
Norfolk & The Broads	27 May	5 days
Walker Garden Festival & The Lakes	29 May	5 days
JUNE 2013	**date**	**duration**
Jersey (by Air)	02 June	7nts
Oban & The Isle of Skye	06 June	5 days
Magical Mayo & Connemara Coast	09 June	7 days
Wildlife of Scotland	10 June	7 days
Crete (by Air)	11 June	7nts
Brittany, Jersey & Mont St Michel	12 June	11 days
Bournemouth	16 June	5 days
Rhine Wine & The Moselle Valley	16 June	5 days
Yorkshire Dales & Herriot Country	16 June	5 days
Isle of Man	19 June	7 days
Dales, Trains & Hadrian's Wall	26 June	6 days
Northumberland & The Lindisfarne Gospels	30 June	8 days
JULY 2013	**date**	**duration**
Douro River Cruise (by Air)	01 July	7nts
Scandinavian Explorer	03 July	7 days
Somerset & The Torbay Express	15 July	4 days
Ypres, Passchendaele & Memories of WWI	08 July	4 days
Vines & Railway Lines	15 July	5 days
Landscapes of Wales	19 July	7 days
The Passmore Valley & Austrian Tyrol	21 July	9 days
Derbyshire & The Potteries	21 July	5 days
Heart of Scotland	27 July	8 days
All's Well That Ends Well	28 July	5 days
AUGUST 2013	**date**	**duration**
Disneyland Paris	01 Aug	4 days
Scotland by Steam	06 Aug	7 days
Edinburgh Tattoo & The Borders	11 Aug	6 days
Southport Flower Show	12 Aug	4 days
Crystal Waters of The Italian Lakes	17 Aug	8 days
Beautiful Bath & Somerset	16 Aug	5 days
Caerdiff & The Brecon Beacons	18 Aug	5 days
Cruising the Seine	18 Aug	7 days
Hanseatic Cavalcade & Glorious Ghent	24 Aug	4 days
Chester & The Wirral	25 Aug	6 days
Montenvx & The Golden Pass Train	26 Aug	8 days
Weymouth & The Dorset Steam Fair	30 Aug	4 days
SEPTEMBER 2013	**date**	**duration**
A Tale of Two Cities	01 Sept	7 days
Longleat & Downton Abbey	01 Sept	4 days
Killarney & The Ring of Kerry	04 Sept	7 days
Cruising Holland & The Rhine	09 Sept	8 days
Waterways of North Wales & Cheshire	15 Sept	5 days
Bournemouth	15 Sept	5 days
Cantabria & The Picos de Europa	15 Sept	10 days
Blackpool Illuminations & Lake Windermere	17 Sept	4 days
Perthshire & Scottish Castles	22 Sept	8 days
Middle England Weekend	27 Sept	4 days
Malvern Hills & Welsh Borders	29 Sept	5 days
Tenby & Pembrokeshire	30 Sept	5 days
Madeira (by Air)	30 Sept	7nts
OCTOBER 2013	**date**	**duration**
Breathtaking Bruges & The Flemish Coast	04 Oct	4 days
The Black Forest	05 Oct	7 days
County Durham	06 Oct	6 days
Amalfi Coast (by Air)	07 Oct	8nts
Mystery Tour	13 Oct	3 days
Norfolk & The Broads	14 Oct	5 days
Mediterranean Cruise & Lake Garda	14 Oct	16nts
Isles of Scilly (by Air)	18 Oct	5nts
Mediterranean Cruise & The Dolomites	20 Oct	16nts
NOVEMBER 2013	**date**	**duration**
Spectacular South Africa (by Air)	07 Nov	13nts
MAY 2014	**date**	**duration**
Canadian Rockies (by Air)	May 2014	11nts

Holidays Available to all BUT with NO SINGLE SUPPLEMENT

NOVEMBER 2012	date	duration
Warner's Dickensian Christmas	12 Nov	5 days
Tinsel & Turkey in Sidmouth	16 Nov	4 days
Thornford Spectacular	18 Nov	4 days
Warners Tinsel & Turkey at Cricket St Thomas	19 Nov	5 days
Turkey & Tinsel in Weymouth	21 Nov	4 days
DECEMBER 2012	**date**	**duration**
Caldecott Christmas	23 Dec	5 days
Tiverton Christmas	23 Dec	5 days
A Wight Christmas	23 Dec	6 days
Warner's Christmas – Isle of Wight	23 Dec	6 days
The Queens at Christmas	23 Dec	6 days
Hampshire Christmas	24 Dec	5 days
Norton Park Christmas	24 Dec	5 days
FEBRUARY 2013	**date**	**duration**
Scarborough Winter Warmer	25 Feb	5 days
MARCH 2013	**date**	**duration**
Mystery Tour	10 March	2 days
Saunton Sands & North Devon	11 March	5 days
Sidmouth, Seaton & Dartmoor	17 March	5 days
Cornish Explorer	21 March	7 days
Isle of Wight Getaway	24 March	2 days
Cotswolds' Easter	28 March	5 days
APRIL 2013	**date**	**duration**
Touch of Class in Torquay	01 April	5 days
Springtime in Guernsey (by Air)	06 April	7nts
Cotswolds Blossom Trail	14 April	5 days
Dublin Towns & Gardens	21 April	4 days
Manchester Ship Canal & Ribble Valley	25 April	5 days
MAY 2013	**date**	**duration**
Sidmouth, Seaton & Dartmoor	06 May	6 days
Sidmouth – Touch of Class	06 May	5 days
Warner's & Malvern Spring Show	06 May	5 days
Mystery Tour	11 May	3 days
May Gardens of Cornwall	16 May	8 days
Dam Busters of The Petwood Hotel	20 May	4 days
JUNE 2013	**date**	**duration**
The Lake District	02 June	6 days
Isle of Wight	03 June	6 days
North Devon Explorer	06 June	6 days
Falmouth	23 June	6 days
Cathedrals & Colleges	23 June	5 days
JULY 2013	**date**	**duration**
Tynemouth & Warner's Littlecote House	01 July	5 days
Constable Country & East Anglia	07 July	5 days
Sandringham & The Lavender Fields Newcomers	12 July	5 days
Warner's Bedwyn Man Castle	15 July	5 days
Warner's Absolom Hall	15 July	5 days
Bramble & Last of the Summer Wine	15 July	5 days
Royal International Air Tattoo	20 July	4 days
Scarborough Spa Express	29 July	5 days
AUGUST 2013	**date**	**duration**
Torquay & Gardens of Devon	04 Aug	6 days
Mystery Tour	04 Aug	2 days
Chatsworth & Warner's Thoresby Hall	05 Aug	5 days
Liverpool & Manchester	12 Aug	5 days
Doc Martin & The Cornish Coast	19 Aug	6 days
Buxton & The Peak District	26 Aug	5 days
SEPTEMBER 2013	**date**	**duration**
Sidmouth, Seaton & Dartmoor	02 Sept	6 days
Manchester Ship Canal & Ribble Valley	05 Sept	5 days
North Devon Explorer	08 Sept	6 days
Eurflow Shropshire & Ironbridge	09 Sept	5 days
Harrogate Flower Show & Yorkshire Moors	09 Sept	8 days
The Lake District	22 Sept	6 days
Falmouth	22 Sept	6 days
North Wales & The Isle of Anglesey	23 Sept	5 days
OCTOBER 2013	**date**	**duration**
Warner's Isle of Wight	07 Oct	5 days
Cornish Explorer	18 Oct	6 days

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Fashion

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Virtual tape measure hopes to make online clothing shopping easier

ONE of the biggest drawbacks to shopping for clothes online is the inability to try on the items prior to purchase. British researchers however have developed a web-based body scanning device that they hope will lower the amount of clothes people return due to them not fitting.

The body scanner was developed by the London College of Fashion, video imaging researchers at the University of Surrey, and the company Bodymetrics. Similar virtual measuring tapes developed by Bodymetrics that utilize the motion sensors of Microsoft's Kinect, can be found in fifteen upscale malls in the United States, Selfridges and New Look in Britain and Karstadt in Germany.

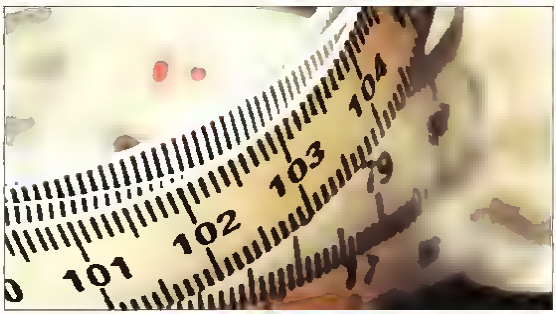
Professor Adrian Hilton from the University of Surrey discussed the virtual measuring tape project with the Daily Mail.

"It's unrealistic to expect online clothes shoppers to have the time or inclination to take a series of highly accurate body measurements of themselves. The new system makes it all very easy."

30 to 50 percent of online purchases are returned according to Philip Delamore from the London College of Fashion. This new project aims to lower these statistics.

The software will work with any webcam or smartphone. The user just needs to upload a full-length photo and his or her height to receive accurate measurements. The body scanning software is an enhancement of the technology developed by the University of Surrey, which is used to create animated characters in games like the Sims.

If you like to avoid checkout lines and fitting rooms while shopping you may be in luck. Unfortunately, the technology is two years from being released.



Legendary musician and designer is not 'mad fur it'

RENOWNED for its classic designs that are worn by musicians, sports stars and vintage-style lovers the world over, and for having been designed by the most legendary frontman in rock music, Liam Gallagher's Pretty Green label has been a global hit since it was founded in 2009. As a British-centric label it will come as no surprise that the Ready Eyes singer's clothing range is completely fur-free. In an e-mail sent to PETA, Pretty Green's chief executive officer confirmed that the company has a no fur policy and that it is now labelling any faux fur trim on its garments. In addition, the company has requested to be added to the animal rights organisation's list of fur-free fashion brands.

Animals on fur farms spend their entire lives confined to cramped, filthy cages before they are beaten, gassed or anally electrocuted. Sometimes, they are even skinned while they are still alive. More than 2 million cats and dogs are skinned in China every year - many while fully conscious. Designers such as Ralph Lauren, Stella McCartney, Tommy Hilfiger, Calvin Klein and Vivienne Westwood have all publicly sworn off fur. With so many stylish alternatives available, there's no excuse to harm a hair on an animal's back.

The sound system in a jacket

A JACKET with built in headphones, speakers and control system that allows wearers to skip, pause, play music as well as answer and hang up calls has been launched at Debenhams just in time for Christmas.

The coat - a world first - is designed by C VOX (Communique Vox) and combines a stylish jacket with a top of the range sound system and hands free set, that is completely machine washable.

Its introduction is will be welcomed news to many as according to official figures recently released, street muggings and pick pocketing, where mobile phones were stolen, has risen by 25% in three years. In the first eight months of this year, 264 mobile phone thefts were reported each day - an increase of 7 percent compared with 2011 figures.

Paul Baldwin, Head of Menswear Buying says, "We are thrilled to be offering such an innovative product to our customers. The range incorporates fashion, technology and practicality at a competitive price."

"It is the perfect, safety conscious way to conceal gadgets whilst still being able to freely use them in public, it's the must have item for any commuter."

Features include a connector point in the pocket which is compatible with all mobile phones and MP3 players and allow the wearer to connect and conceal the device.

A built in washable speaker, microphone and control system on the sleeve allows the wearer to skip, pause and play music as well as answer and hang up calls.

Earphones are wired through the jacket and concealed in the collar to avoid any unnecessary tangling.

The jackets launch in stores and online today and Debenhams is saying it will be a must have Christmas gift.

Peter Layzell spokesperson for C VOX says, "The C VOX range has been created to push the boundaries in functional technology and fashion. We look forward to developing and launching new clothing lines with the latest innovations and trends for the coming seasons."

The C VOX range for men and kids includes jackets, gilets and hooded sweatshirts which all incorporate the groundbreaking technology.

Top tips for transforming office wear into evening wear

WITH THE Christmas party season fast approaching, the time for elegant evening dresses and polished party wear is nearly upon us. But what if you're heading straight from work to your evening engagement? If you need to turn from office chic to office party, then LUCZA has the answer.

The key to changing your look is to keep your outfit simple and liven it up with accessories. It's easy to accessorise your way to a dramatic evening look with a few simple changes and a tailored black dress is a perfect base for this.

Wear with classic black pumps for the office and when it's time to get dressed for the party, add a touch of colour to your outfit with statement accessories in beautiful, vibrant jewel colours that are always on trend around Christmas – take your pick from shades of emerald, ruby, garnet and sapphire, plus the festive silver and gold. Complete the look with a pair of party heels for the evening and you're ready to go.

The LUCZA Vanessa dress is the ultimate day to night piece, taking you from office to dinner with minimum fuss. A great alternative to the trouser suit for the office, team it with muted jewellery and suede ankle boots for a smart and chic daytime look. To transform it for the evening, simply add a clutch bag, swap muted jewellery for a statement piece and add a pair of elegant heels to finish off your stylish statement.

For a truly luxurious outfit, indulge in a silk camisole slip dress with a cashmere cardigan for the day, and swap the cardigan with a sequined bolero for the evening.

If you prefer the top and trousers look, opt for a gorgeous silk blouse and a pair of tailored trousers. Wear with a cropped jacket to create a clean, simple look during the day that you can dress up with your most dazzling jewellery to add some sparkle to your evening. A timeless classic, the cropped jacket can also be matched with an elegant dress to take you from workwear to an evening out.

Karen Scofield, Creative Director at LUCZA says: "It helps if women have simple, understated and classic pieces in their wardrobes that are smart enough for a day in the office, but can easily be transformed into a glamorous outfit for the evening. Having essential pieces in your wardrobe that will never go out of fashion ensures that you are prepared for any occasion. All you need to do is add some stylish accessories and great shoes and these pieces can be worn day or night, for any occasion."

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Re-redecorating - Brits redecorate at least once a year

THE AVERAGE homeowner updates the décor, wallpaper or furniture of at least one room of the house every year, research has revealed. The study of almost 2,000 adults shows many regularly tire of seeing the same old decor day in and day out and so opt to change the lounge or kitchen most frequently.

Television shows and friends homes are the biggest inspirations, the report found.

More than half of those polled admitted they only focus their efforts on rooms they spend a lot of time in, whereas four in ten said they felt forced to revamp rooms which were tired and worn out.

Mark Radford, Design & Marketing Director for Graham & Brown said: "For those people who spend a lot of time in the house, it can get boring staring at the same four walls every day.

"So it stands to reason that on a regular basis people like to make changes to the interior of their homes.

"It is great to reinvent rooms in your house, it is amazing the transformation a lick of paint or newly hung wallpaper can make.

"Subtle changes don't have to cost the earth, and sprucing things up every 12 months or so will ensure we keep our homes stylish and on trend."

When it comes to inspiration for transforming a room, one in 10 people will see something they like on television and bravely attempt to copy it.

The same percentage often admire décor in other people's homes and want to replicate the same style in their own home.

It usually costs at least £220.62 each time they redecorate – which equates to a lifetime decorating total of £13,347.51.

Eight in ten people polled admitted once a room has been adorned with new furnishing, and decked out with new drapery and décor, they are generally happy with the final result.

When it comes to being adventurous with a room, the study shows people aren't afraid to experiment with bright and vivid colours.

A quarter of people have gone for at least one red or purple wall, while one in ten homeowners have opted for fluorescent green.

One fifth have put up yellow paint or wallpaper, which one in ten have had either pink or orange walls.

But astonishingly, four in ten have redecorated a room in exactly the same colour as before – simply to keep things clean and presentable.

Mark Radford continued: "It is funny how trends come and go and now the resurgence of patterned wallpapers are now really making a come back.

"Whether you're paper one feature wall or the whole room it can make the most boring of rooms hang up to date and exciting once again.

"Brits are known for embracing and loving their DIY, and decorating isn't something you need help with.

The study also shows that a fifth of Brits will choose to update their homes if they have a special event coming up such as a Birthday party or Christening.

When making the decision to decorate, in two thirds of households the lady of the house usually decides when and which room needs doing.

However, 47% of people admit they would redecorate more often if they had more money, and more time.

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SALISBURY CHRISTMAS MARKET & CATHEDRAL CAROL SERVICE
11 DECEMBER 2012
Adult & Senior Citizen £34 & Child £29
Includes coach travel
An exciting new Christmas Market which will feature 55 delightful little wooden chalets all beautifully decorated and prettily arranged. Organised to superbly high standards, visitors can expect to find lots of tasteful, inspiring, high quality gifts and festive goods including arts and crafts, with a strong emphasis on products coming from Britain and Europe. In the afternoon, attend the 1430hrs Carol Service - listen to the fabulous Cathedral Choir and join them in singing Christmas Carols. Afterwards enjoy a glass of mulled wine and a mince pie. Get that real Christmassy feeling! Tickets are limited book early.
There is a Salisbury Christmas Market only option available on this excursion.
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FEATURE PROPERTY:
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For more information contact Coastguards Estate Agents on 01243 267026
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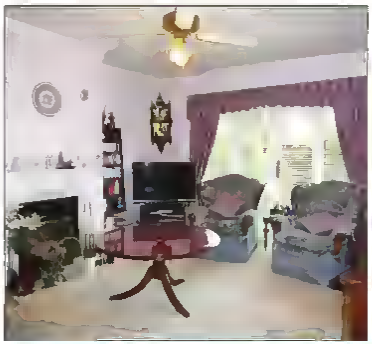

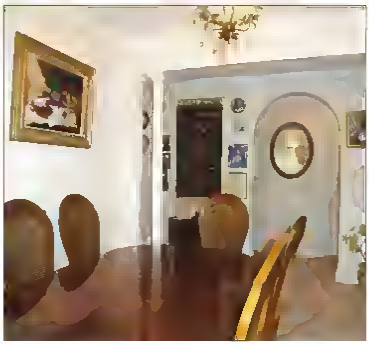

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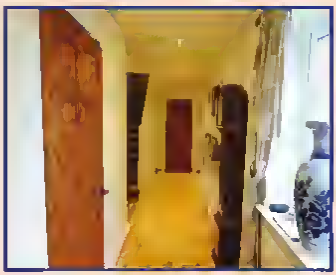
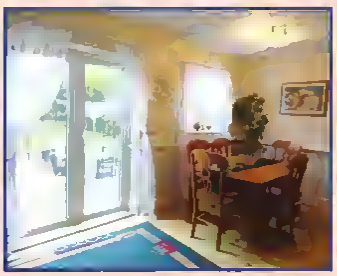
** NO FORWRD CHAIN ** This semi-detached house is offered to the market in excellent decorative order throughout and with magnificent views over open farmland The property benefits from four double bedrooms, the master bedroom has an en-suite shower room On the ground floor there is a dual aspect lounge approximately 22'11 with views over open farmland to the front and patio doors to the rear garden, modern fitted Country style kitchen / diner with integrated appliances and patio doors to the rear garden The property also benefits from a cloakroom, built-in storage, UPVC double glazing and gas fired central heating throughout Outside there is an enclosed rear garden Off road parking for 2-3 vehicles and an integral garage The property is located within the Rose Green School catchment area and is within close proximity of both Rose Green and Nyetimber Viewing highly recommended to fully appreciate the size of accommodation this property has to offer

Nyetimber
OIRO £259,950 Freehold





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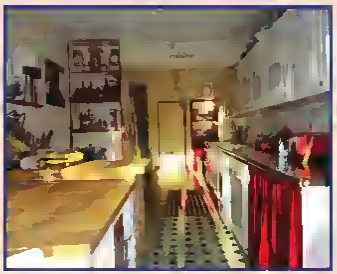
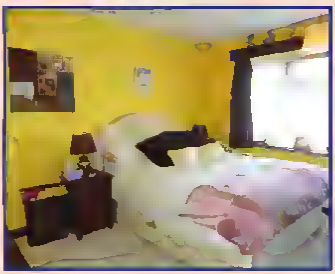
This semi detached house is offered to the market with the benefit of No Forward Chain. Located within the Rose Green School catchment area and only a few hundred yards from The Village Shopping Parade and Doctors. An early inspection is highly recommended. Features include lounge with an archway to a dining room, extended kitchen / breakfast room, family bathroom with separate WC. Outside there is a secluded South West Facing rear garden and two detached outbuildings both with power and light. To the front there is a driveway leading to a detached garage

Aldwick **£235,000 | Freehold**





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ALDWICK **£625,000**

A detached four/five bedroom residence situated on the beach front of a private marine estate central heating by air source heat pump, uPVC dble glazed uPVC fascias and soffits fitted carpets sec alarm ground floor shower room ground floor bedroom/study kitchen/ breakfast room utility room, further w.c. first floor living room with full width balcony and panoramic sea views master bedroom with dressing room and en suite shower room guest bedroom with en suite shower room two second floor bedrooms with bathroom double garage South facing garden fronting the private beach

ALDWICK BAY ESTATE **£670,000**

A spacious chalet style house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach The current owners have carried out a comprehensive programme of extension and modernisation G.F.H., uPVC double glazing fascias & soffits cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm master bedrm with en suite bathrm four further bedrms second bathrm shower rm, balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool

FONTWELL **£475,000**

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel new gas c.h. wiring and plumbing reception hall triple aspect lounge and vaulted ceiling conservatory newly fitted kitchen rm sitting rm/study grilled with en suite three further bedrooms, two bathrooms dble and single garage gardens of approx 1/3 of an acre Potential annexe planning approval for ground floor master bedroom

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing cloakrm lounge dining rm. study kitchen utility rm master bedrm with en suite shower rm three further bedrms bathrm Self contained annexe with large living room incorporating a kitchenette a bedrm and shower rm The property benefits from a large plot with brick paved parking areas and a good sized lawned garden

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach gas central heating uPVC double glazed carpets cloakroom lounge dining room with library area, South facing balcony kitchen, master bedroom with en suite bathroom and dressing area, second bathroom garage UNOBSTRUCTED SEA VIEWS

NYETIMBER **£275,000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de-sac. The property has been made the subject of a programme of extension and remodelling for the current owner G.F.H. uPVC d/glazing fascias & soffits lounge, dining rm fitted kitchen with breakfast rm utility rm two double bedrms, shower rm large double length garage & delightful easily maintained hard landscaped gardens including a West facing rear

ALDWICK **£199,000**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home The property has been recently refurbished with new carpets, replacement shower room refurbished kitchen and an internal redecoration Gas c.h., double glazing, living room and a communal laundry room

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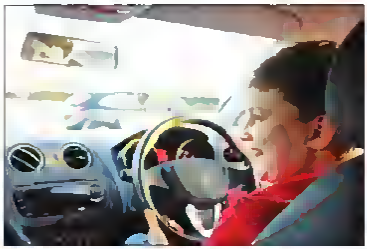
Seat Young Driver course has positive effect on accident rates



THE PIONEERING SEAT Young Driver programme is proving to have a positive effect on accident rates among its participants.

That's the pleasing conclusion of research into the subject by Young Driver Training Ltd, the company behind SEAT Young Driver.

A survey among teenagers that have taken the group-breaking driver training course has revealed that their accident rate is markedly reduced when compared to the overall rate of newly qualified drivers in the UK.

Statistics from the Department for Transport show that two out of ten newly qualified drivers will crash within six months of passing the test, and drivers aged 17-24 are involved in one in four incidents of serious injury or death on the road, despite accounting for one in eight full UK driving licences.

By comparison, of those that responded to a Young Driver Survey and had held a full licence for six months or more, fewer than one in ten had been involved in an accident behind the wheel - 9%, which is less than half the national rate.

Institute of Advanced Motorists (IAM) chief examiner Peter Rodger said: "It's good to see early indications that pre-driver courses are producing safer drivers. The IAM has always felt that training drivers over a longer period of time and catching them when their attitudes towards driving are still developing is key to producing a safer driver.

"Facilitating more time to develop skills of observation and anticipation, and to build a broad experience of different traffic conditions will ultimately save lives."

Kim Staveley, Marketing Director for Young Driver, added: "Our research, along with data from the Swedish Government, shows that training young people to drive at an early age when they're much more receptive to road safety messages really could save hundreds of lives per year."

SEAT Young Driver is the only driver training course of its type in the UK, offering anyone aged between 11 and 17 years old the chance to get behind the wheel with a qualified ADI instructor and learn how to drive.

Research undertaken for the Swedish Government found that establishing a minimum number of hours of pre-test driving experience slashed accidents among young drivers by 40%. SEAT Young Driver was set up in 2009 based on this research, and remains the only course of its type in the UK.

By the end of 2012 over 60,000 young people will have taken the SEAT Young Driver course, each of them equipped to go into their driving lessons at 17 having learned the fundamentals of driving.

Lessons take place throughout the UK, from Southampton to Glasgow, at venues with facilities for driver training away from the public highway. Locations have included The NEC in Birmingham, Brett Crossman London and Metro Centre, Gateshead.

The course includes the very basics of manoeuvring a car, to more complex, real-world skills like overtaking, using a roundabout and reverse parking.

To give the next generation of drivers the skills to become even safer on the road, in all conditions, SEAT Young Driver has launched a winter driving course for 2012.

Due to be held during Saturday November 25 at the Prodrive proving ground in the Midlands, the half-day course was developed with motoring journalist and champion of the driver Quentin Willson, and will see youngsters get behind the wheel with trained ADI instructors.

Participants will be able to experience the difference in stopping distances between dry, wet, snowy and icy roads, as well as getting tips on motorway driving during winter. Defensive driving, what to do in a variety of emergency situations, and preparing a car for the winter months are also covered.

Quentin Willson said: "We know that young people are most at risk on Britain's roads due to lack of experience. Winter makes driving even more dangerous for young drivers and experienced drivers alike.

"With its mix of practical driving on special test tracks and interactive presentations with police driving experts, the course will impart top tips that could save a life."

The full price of the half-day course is £55 per person.

For more information on the winter driving course, or any SEAT Young Driver events, go to youngdriver.co...

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We also deliver thousands of newspapers to homes across the area every week

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» ***Chichester Herald*** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city

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Horse Racing

Goodwood picks up awards

GOODWOOD Racecourse had a very successful outing at York on last Thursday, when it scooped two major horse racing awards, including the top honours for best racecourse, at the 2012 Racecourse Association Showcase Awards, the pinnacle of achievement within the racing industry.

Goodwood Racecourse was one of only two racecourses nominated for an impressive three awards on the night, up against the country's best. Judged by an independent panel it triumphed in the Marketing category, for the successful campaign surrounding the August Bank Holiday Weekend fixture. To top off the evening Goodwood then won the Showcase Champion award, the highest accolade possible.

The West Sussex racecourse was also nominated in Corporate and Social Responsibility – for the Magnolia Cup Ladies Race which raised over £200,000 for charity at Glorious Goodwood last year, and in the Food & Beverage category, for the major refurbishment and re-launch of the 1812 Bar in the Richmond Enclosure.

Ian Barlow, Racecourse Association Chairman said: "Special congratulations must go to Goodwood Racecourse as they have consistently shown over the different entries made to these Awards, what an excellent job they have been doing in improving the raceday experience for guests and visitors. These Awards are very competitive, so many congratulations to Adam Waterworth and his team on such a fantastic job."

Adam Waterworth, Goodwood Racecourse Managing Director, said: "We're delighted to have been recognised in this way by the Racecourse Association. The awards really are the gold standard within the industry and to be nominated in three categories was a fantastic achievement in itself. Winning the Marketing award and then being crowned Showcase Champion is a huge endorsement of what we work so hard for. Visitors are at the heart of everything we do and the win makes us even more enthused about what lies ahead in 2013."

Tickets for the exciting 2013 season will go on-sale on 1st December, and it's set to be another sell-out year, so early purchasing is advised. Tickets will be available to buy in person at the Goodwood Ticket Office, online at www.goodwood.com/horseracing or by telephoning 01243 755055.

Cricket

Sussex's 2013 Fixtures released

SUSSEX will begin the 2013 LV=County Championship Division One season on the road, as they face a trip to newly-promoted Yorkshire at Headingley Carnegie to kick-start the new campaign.

The action will begin on Wednesday 10th April, before Sussex make the short trip to the Kia Oval to take on rivals Surrey in a mouthwatering affair from Wednesday 24th April. The first match at The ROSIZ County Ground Hove sees current LV=CC champions Warwickshire make the journey south from Wednesday 1st May, although Loughborough MCCU will be the visitors for a first-class three-day match beginning on Friday 5th April.

The Sharks first Clydesdale Bank 40 fixture of the season will take place on Sunday 5th May at The ROSIZ against the Worcestershire Royals before away trips to Northamptonshire Steelbacks Warwickshire Bears and the Netherlands.

Sussex begin their Friends Life t20 campaign at home to neighbours Surrey on Friday 28th June.

The highlight of Sussex's fixtures calendar is often the out-ground festivals, with the Horsham Festival featuring the LV=CC match against Somerset and C&G 40 clash with Kent Spitfires between Wednesday 22nd and Sunday 26th May.

The Arundel Festival begins on Wednesday 12th June when Surrey are the visitors in the LV=CC, whilst Northamptonshire Steelbacks are the C&G 40 opponents.

Sussex's fixtures are now available on www.sussexcricket.co.uk

Sussex County Football League

DIVISION 1

Team	P	W	D	F	A	A	GD	PTS
EAST PRESTON	16	12	3	46	14	14	32	39
PEACEHAVEN & TELS.	16	11	4	49	17	17	32	37
RYE UNITED	17	11	3	47	26	26	21	36
REDHILL	15	10	2	32	15	15	17	32
RINGMER	16	10	2	31	23	23	8	32
HASSOCKS	17	10	1	38	28	28	10	31
EAST GRINSTEAD TOWN	18	9	2	48	30	32	18	25
LINGFIELD	16	9	2	41	32	32	9	29
LANCING	17	9	1	44	28	27	16	28
FAGHAM	15	9	1	35	27	30	8	28
HORSHAM YMCA	16	8	1	46	27	27	19	25
SIDLEY UNITED	16	6	3	31	38	38	7	21
ST FRANCIS RANGERS	16	6	3	23	30	30	-7	21
ARUNDEL	16	6	3	19	31	31	-12	21
DORKING WANDERERS	17	5	4	27	32	45	5	19
SHOREHAM	18	6	1	28	43	36	-15	19
CROWBOROUGH ATHLETIC	17	5	1	29	45	31	16	19
HAILSHAM TOWN	15	6	0	29	40	26	-11	18
SELSEY	17	4	4	16	30	30	-14	16
AFC UCKFIELD	17	2	3	25	55	55	-30	9
CHICHESTER CITY	19	2	3	22	54	54	32	9
WORTHING UNITED	17	0	3	18	59	59	-41	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	14	11	2	1	42	19	23	35
LITTLEHAMPTON TOWN	13	10	2	1	42	11	31	32
EASTBOURNE UNITED AFC	13	8	3	2	43	19	24	27
LITTLE COMMON	13	8	2	3	41	16	25	26
BEXHILL UNITED	12	7	5	0	35	19	16	26
BROADBRIDGE HEATH	14	7	4	3	34	23	11	25
WESTFIELD	13	6	4	3	30	19	11	22
LOXWOOD	15	5	5	5	23	23	6	20
SOUTHWICK	15	6	1	8	34	33	1	19
MIDHURST & EASEBOURNE	13	4	6	3	30	24	6	18
SEAFORD TOWN	12	4	5	3	20	24	-4	17
WICK	13	5	1	7	28	34	-6	16
MILE OAK	14	3	6	5	28	29	-1	15
OAKWOOD	14	3	3	8	23	35	12	12
STEYNING TOWN	13	2	3	8	29	37	-8	9
STORRINGTON	15	2	3	10	17	42	-25	9
RUSTINGTON	13	2	2	9	16	40	24	8
SALTDEAN UNITED	15	0	1	14	14	88	-74	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	10	8	2	0	40	13	27	26
BILLINGSHURST	9	7	1	1	27	12	15	22
BARNHAM	10	6	1	3	33	16	17	19
HAYWARDS HEATH TOWN	8	5	2	1	18	7	11	17
UCKFIELD TOWN	9	5	2	2	21	13	8	17
CLYMPING	10	4	2	4	21	27	-6	14
IFIELD	9	3	2	4	21	19	2	11
ROFFEY	10	3	2	5	20	21	-1	11
ROTTINGDEAN VILLAGE	11	3	0	8	17	41	-24	9
PERRING	8	1	3	4	18	33	-15	6
HURSTPIERPOINT	8	1	0	7	7	18	11	3
ID SHIPLEY	8	0	1	7	5	28	23	1

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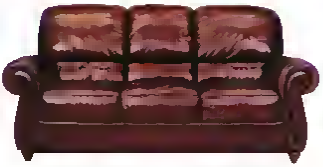

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